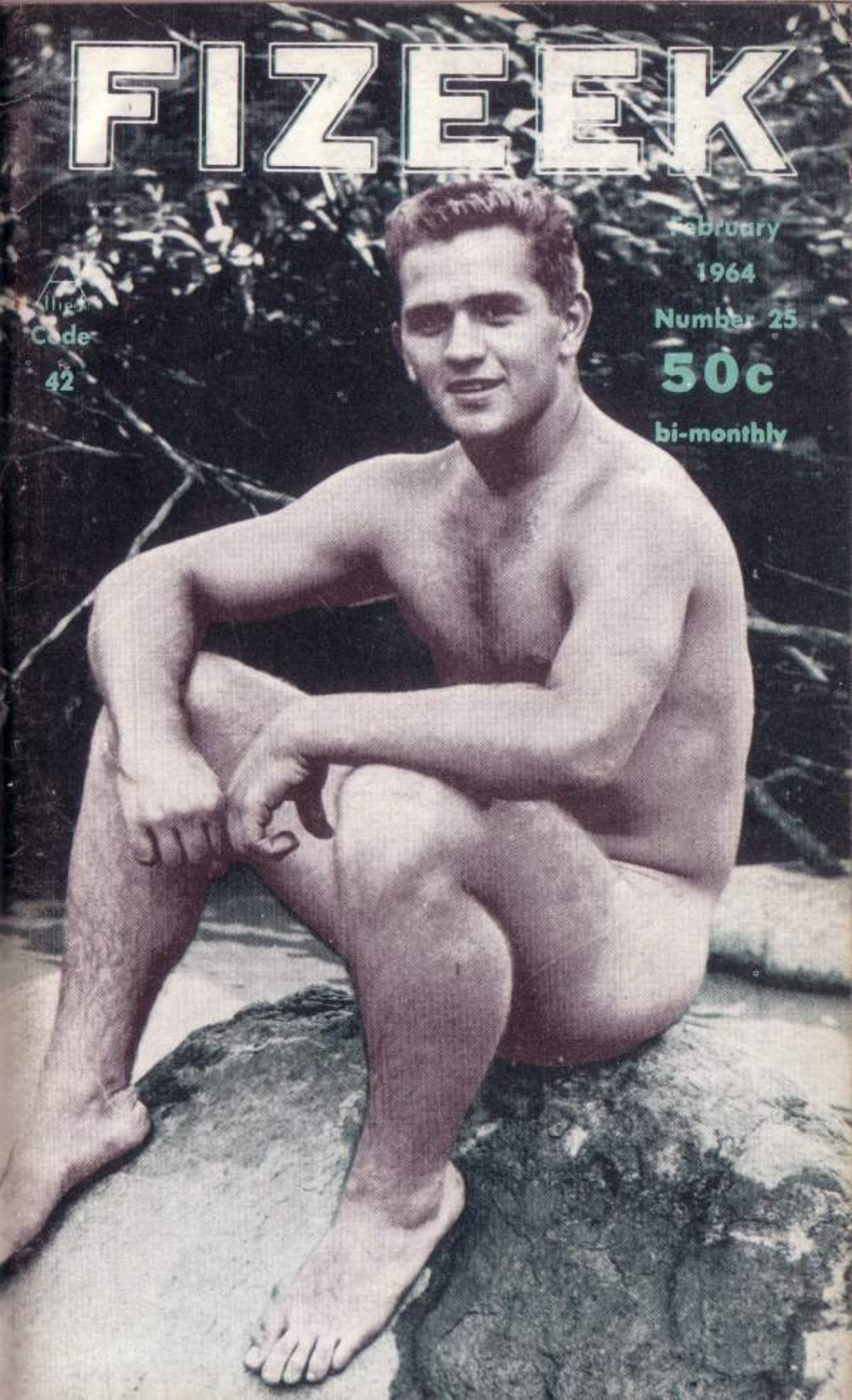
# FIZEEK



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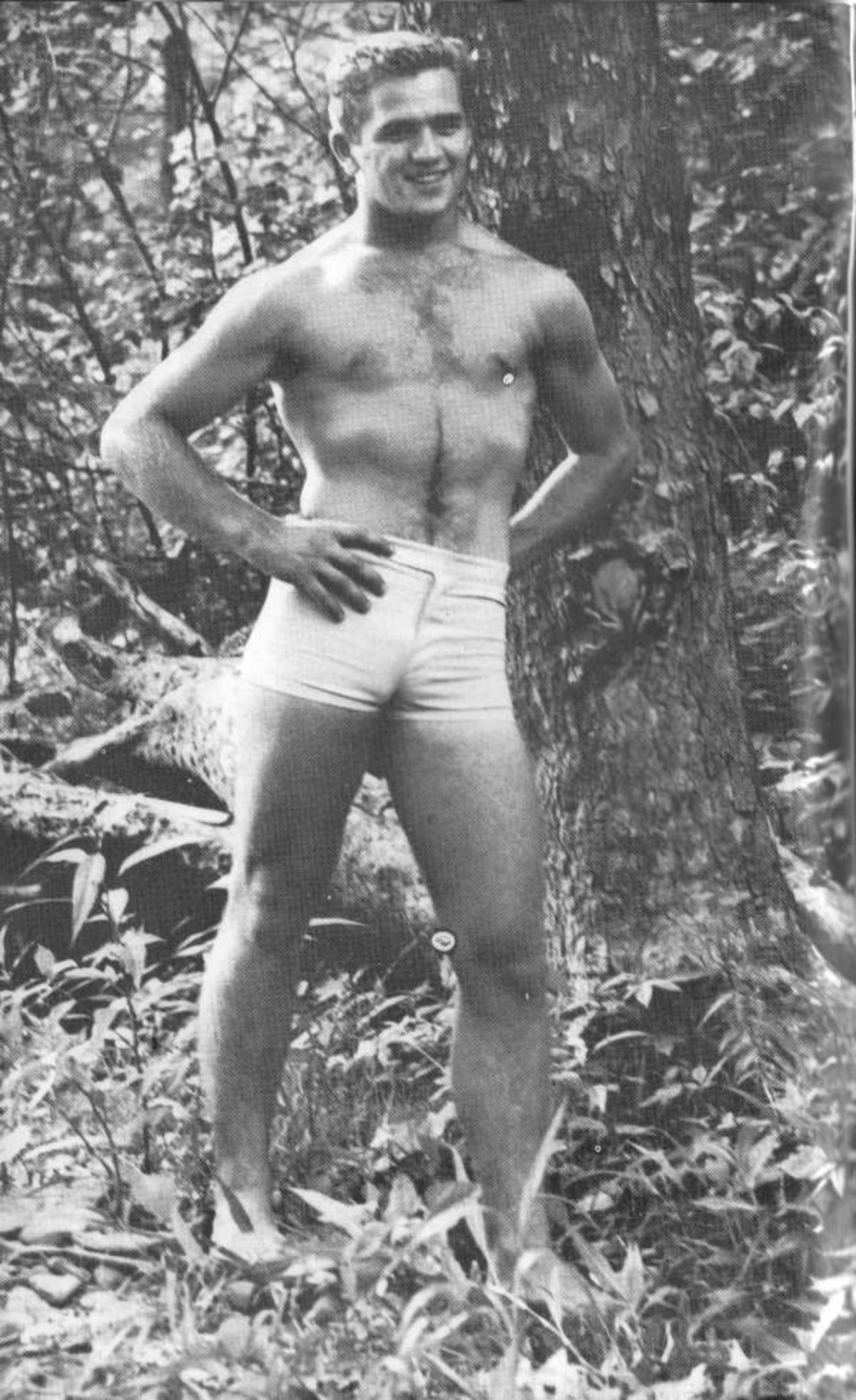

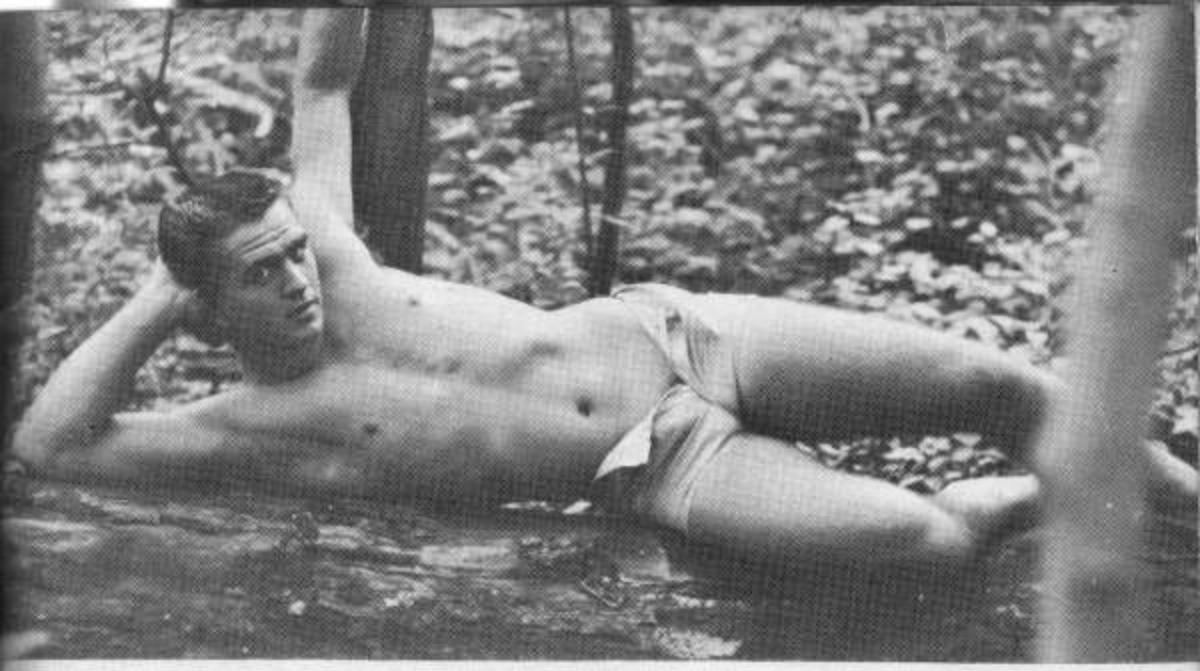

**FIZEEK ● Number 25 ● February 1964**

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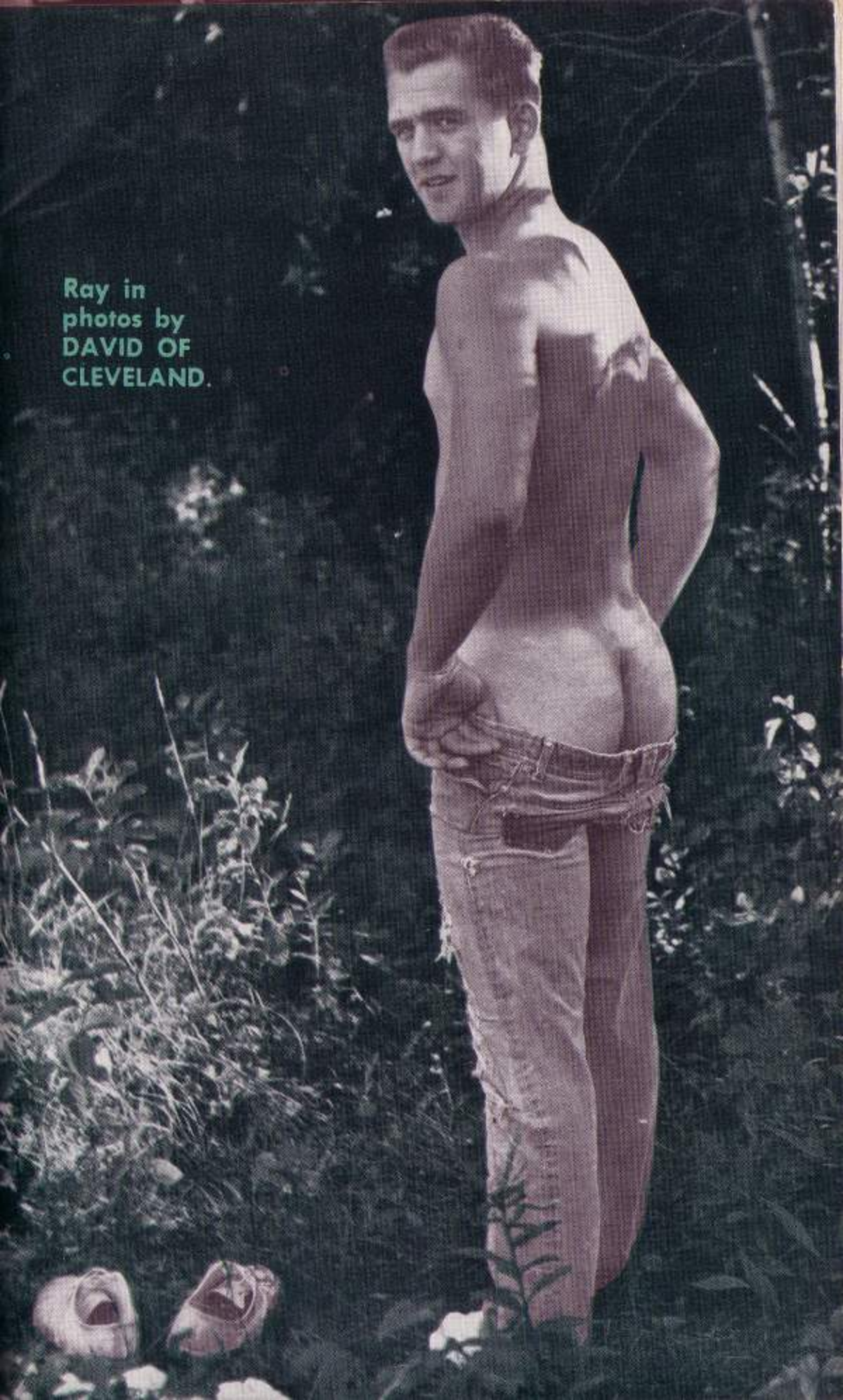
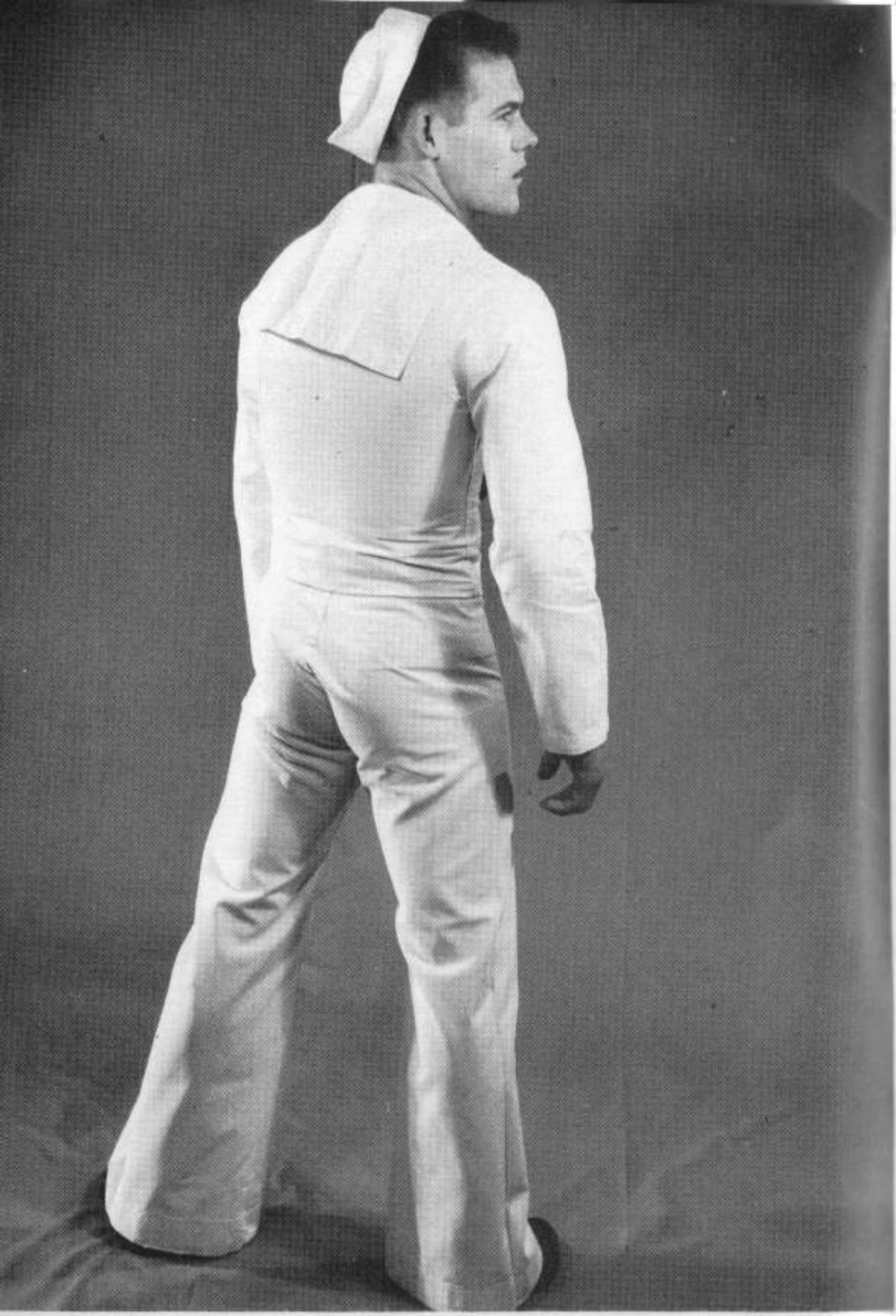

Ray in
photos by
DAVID OF
CLEVELAND.



**BUTCH**, in photos by **CROWTHER.**

# SEX SURVEY

One of the questions most frequently asked by young bodybuilders is "Does sexual activity reduce the effectiveness of my bodybuilding program?" What these young men are really asking is "Is sexual abstinence good?" This is a difficult question because of the many moralistic views which are found in our culture, but Sex Survey will attempt to answer these many writers of such inquiries without offending, too greatly, the religious views of anyone.

The first thing to be gotten out of the way is any idea that sexual activity could reduce the effectiveness of the bodybuilders program. Sexual activity is directly related to the glandular and hormonal systems of the body, systems which in no way influence the results of working out. Your body is self-regulating-when you engage in too much sexual activity, if there is such a thing, your body will take care of the matter by making it less easy for you to respond to sexual stimuli. In this matter you may rely completely upon your body.

Dr. W. S. Taylor has shown that there is no such thing as true abstinence anyway. In a lengthy study of young college males, he found that when they closed off one avenue of sexual expression, they simply turned to another. There are, of course, a few individuals who have no sex drive whatever, these people are known as "asexual," but these people do not turn to bodybuilding and it is safe to say that "Sex Survey" has received no letters from this small group.

Actually, scientists in the anthropological, biological, medical and psychological areas are agreed that sexual abstinence on the part of normal healthy adult males is **decidedly harmful.** Theologians, naturally, dispute this view.

There are many studies indicating that normal males develop physical complaints as a consequence of prolonged abstinence and that when sexual urges are frustrated, there develop any number of psychosomatic complaints.

The real danger is found in psychological damage. As late as 1961 Dr. Beigel noted "in young people abstinence is apt to increase sexual desire . . . (and) may result in irritability, insomnia, extreme nervousness, or more serious complications." Dr. Hendrick believes that unrelieved sexual tensions lead to a physical build-up, and to eventual anxiety neurosis, and that to ward off this kind of disturbance "nothing but the adequate activity (orgasm) would be effective." We could go on for pages citing medical authorities on this point.

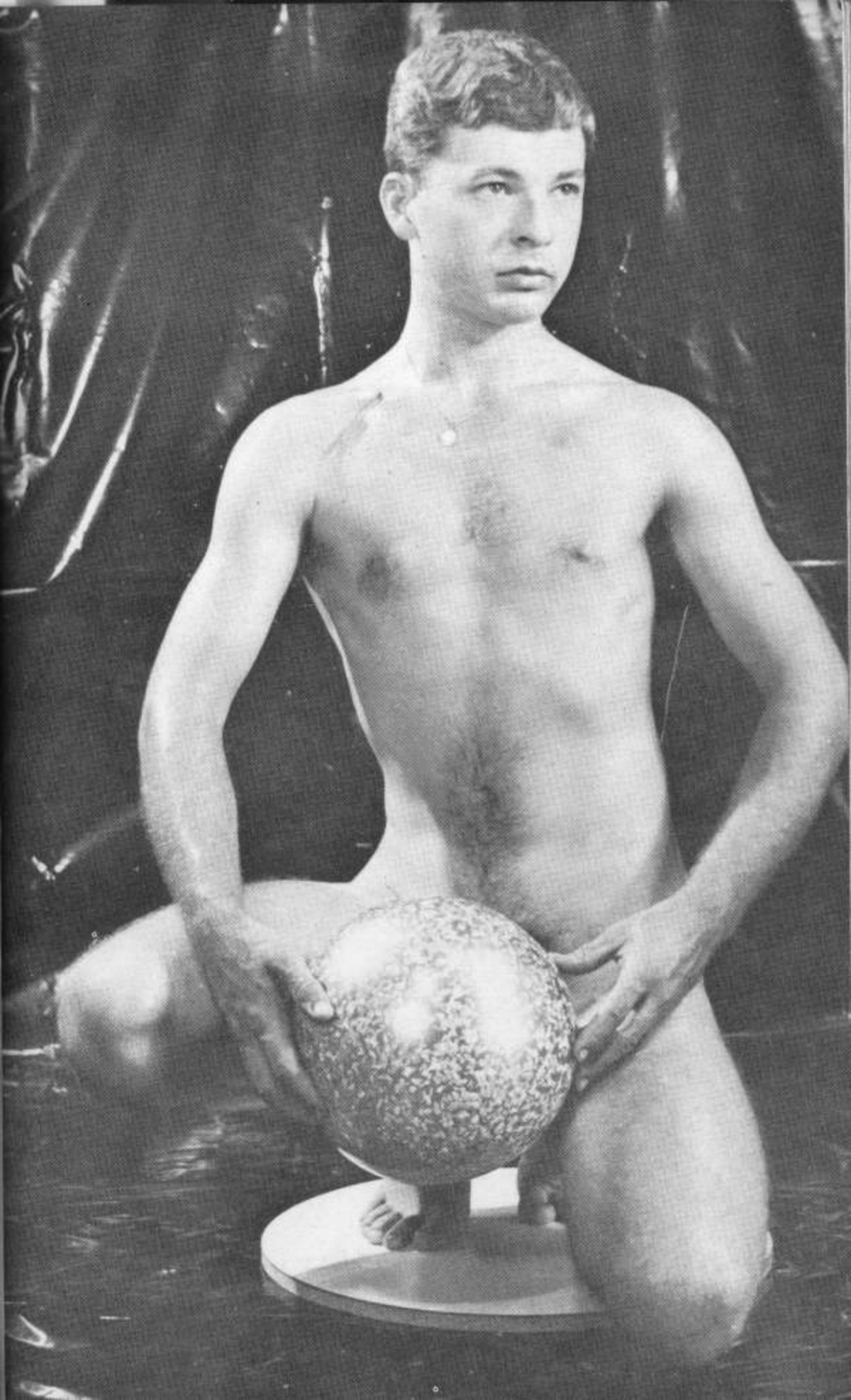
One of the most tragic consequences of prolonged abstinence is the impairment of sexual adequacy. Medical authorities have investigated the effects of prolonged combat situations upon members of the armed forces in both World War I and II and their conclusions are "We have every reason to assume that the abstinence enforced by war resulted in all forms of sexual neurosis. This is particularly true of the most important of these neuroses, ejaculatio praecox (premature ejaculation)."

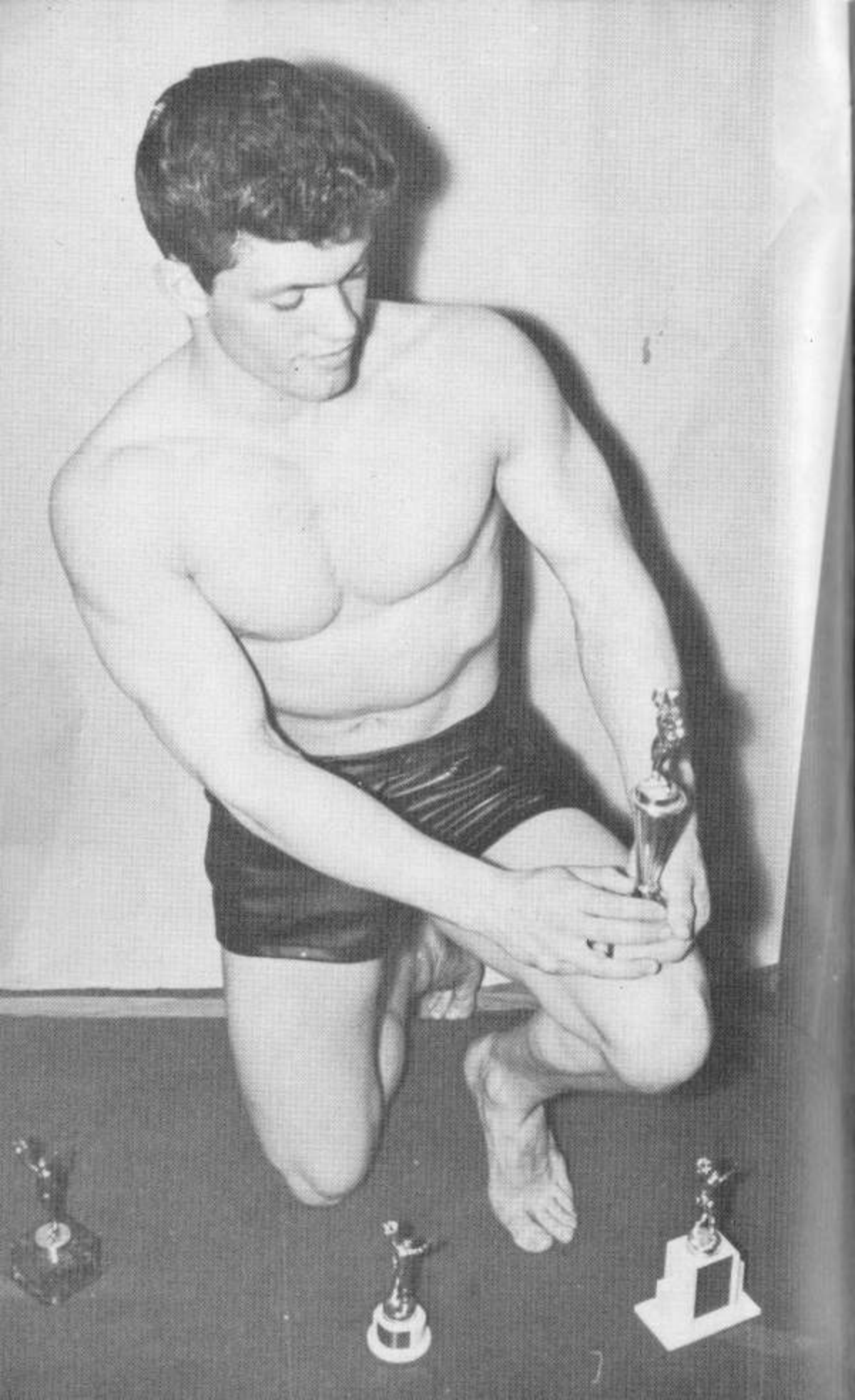
Sexual abstinence is socially harmful. Sociologists have long pointed out that the effects of a monastic culture are, without exception, harmful and socially undesirable. Heaton concluded "Not only are all forms of asceticism directly contrary to nature's law, but they are decidedly immoral and work in direct opposition to the prowess of the individual or nation."

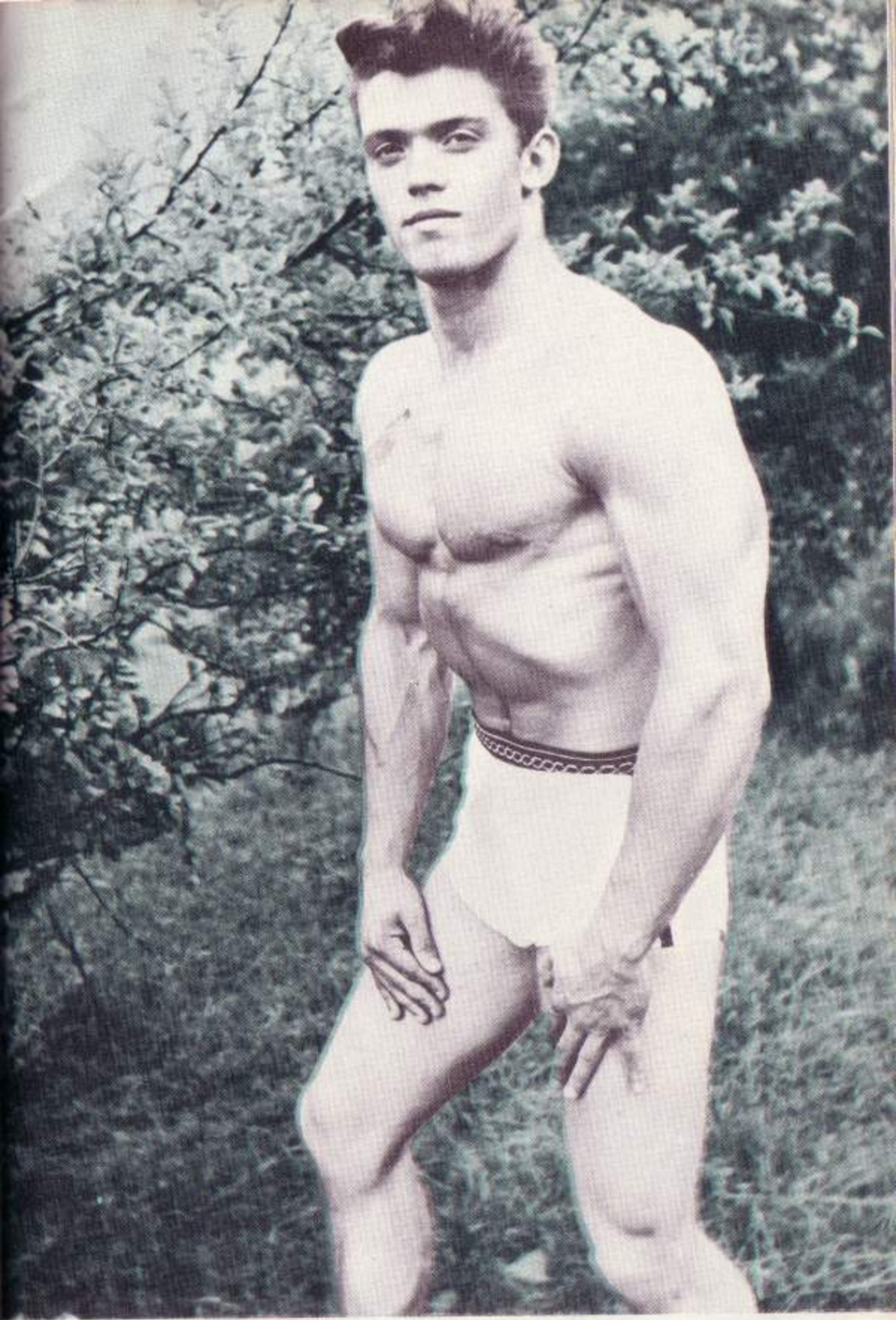
Dr. Albert Ellis states "To refrain from over-eating may be very sensible behavior; but to refrain from **any** eating is sheer lunacy. Abstaining from all sexuality, at least when you are young and physically healthy, is a form of abstaining from happy living. He who puts his sex urges behind him, viewing them as aspects of satanism, would better put aside enough funds for prolonged psychological treatment."

What have been your experiences in this area? What aspect of sex would you like Sex Survey to explore? Let us have your response to the above and we will prepare a summary of our readers' experiences and see if they agree with the experts.

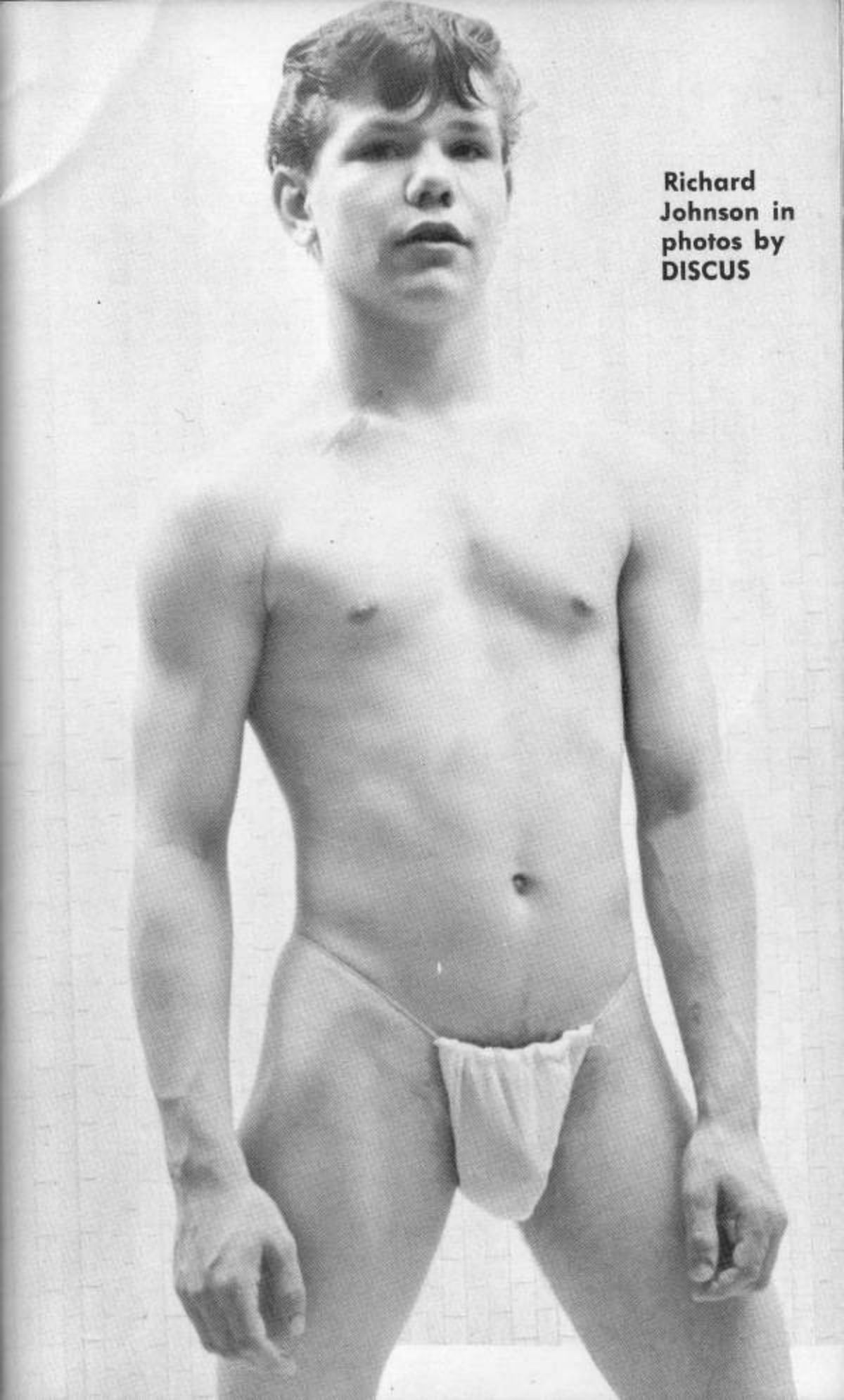
**Dale Shawn, a rising young athlete from Hollywood in photos by R. A. ENTERPRISES.**



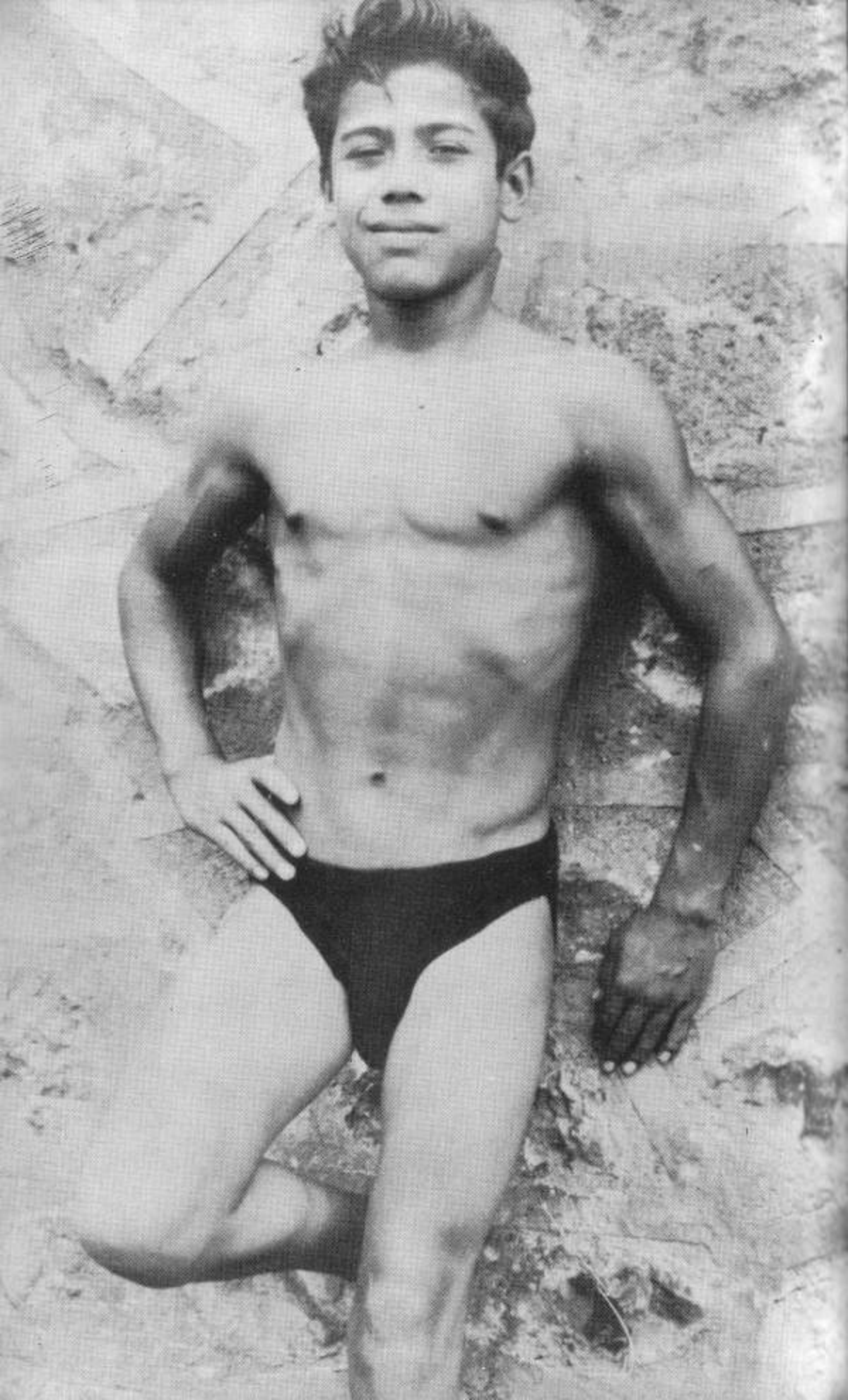




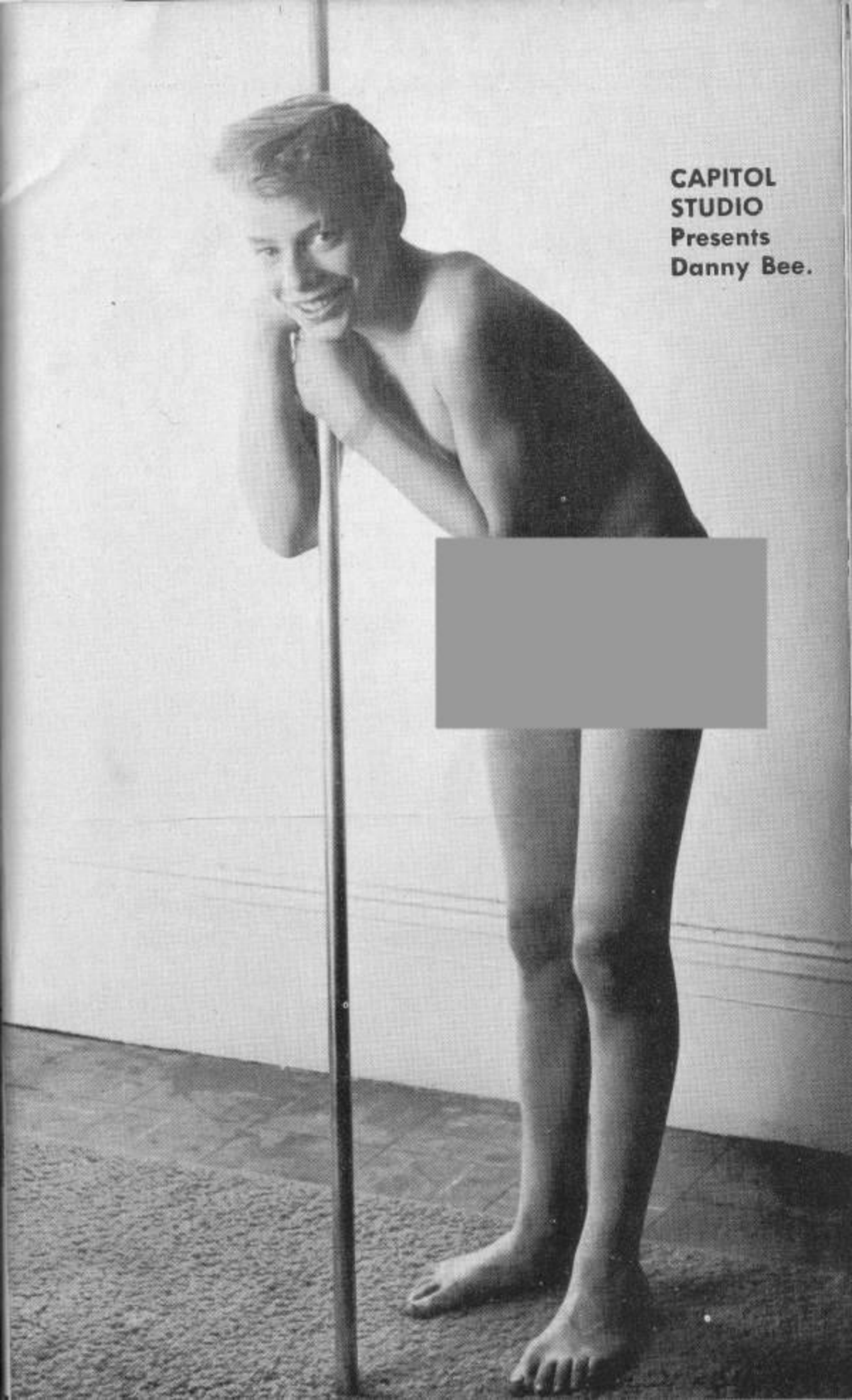
**Rick Steel age 18, in photos by STEVE JAYSON.**

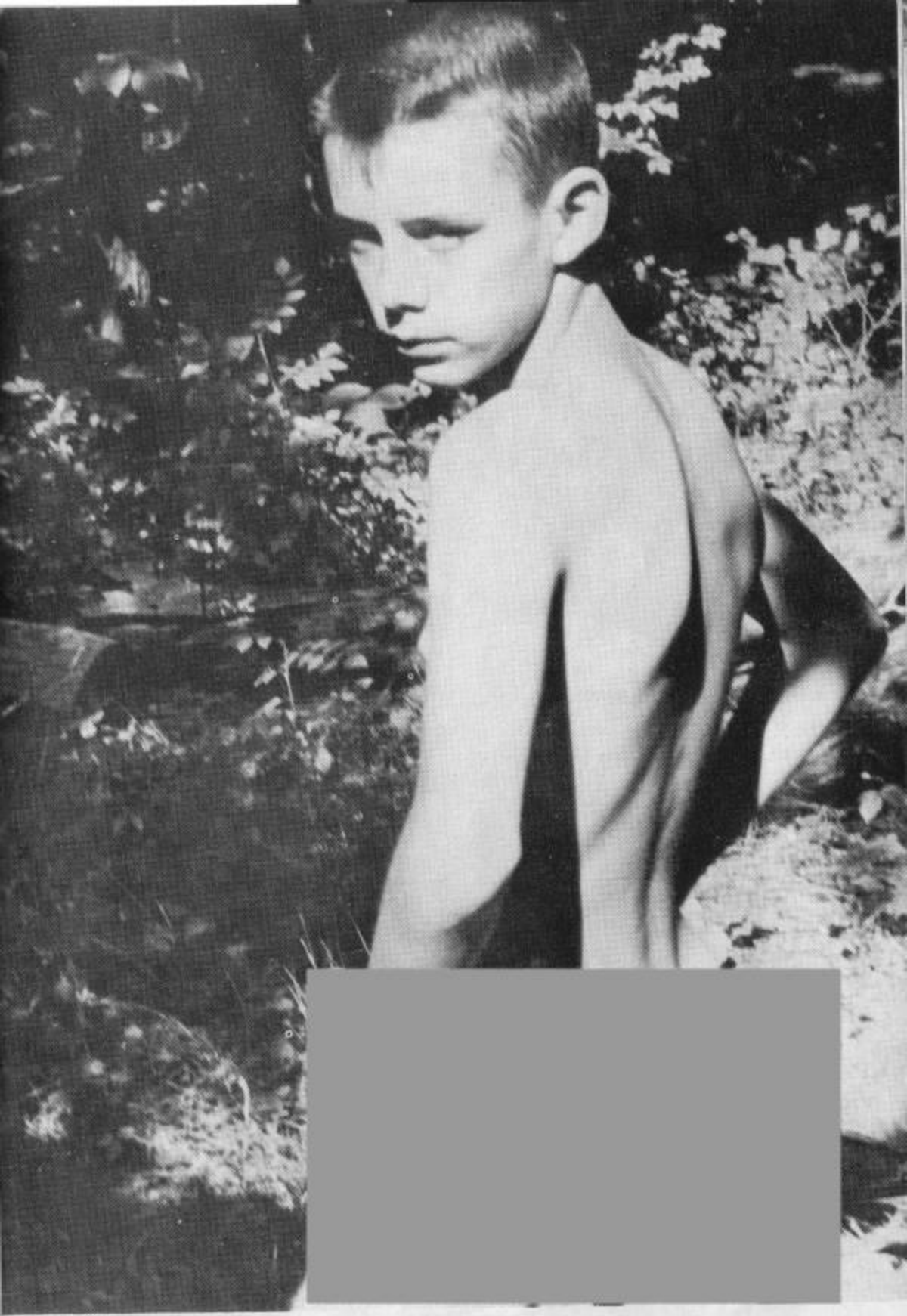


Richard Johnson in photos by DISCUS



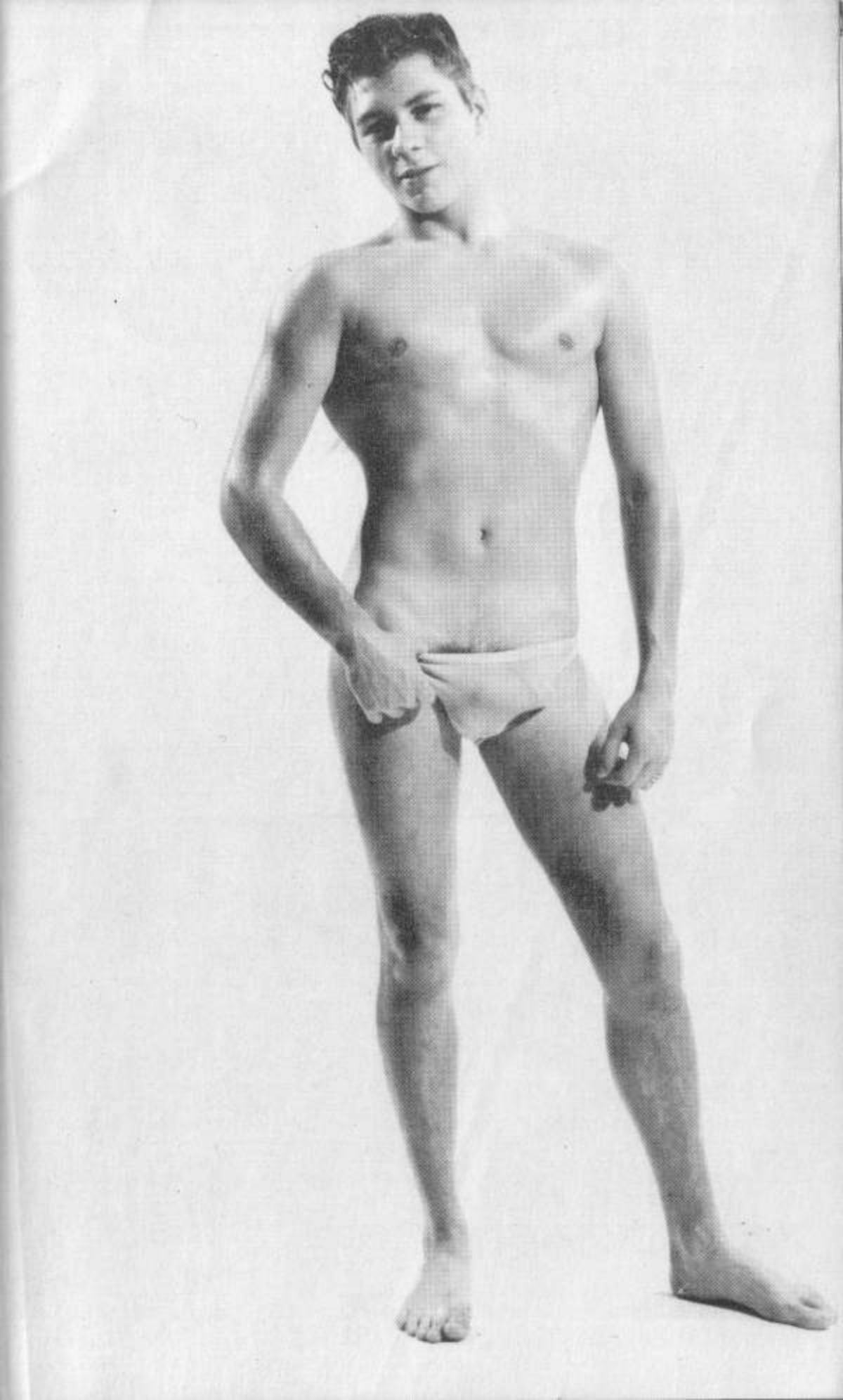
Rafael Rivera in photos by Mex Art


CAPITOL
STUDIO
Presents
Danny Bee.

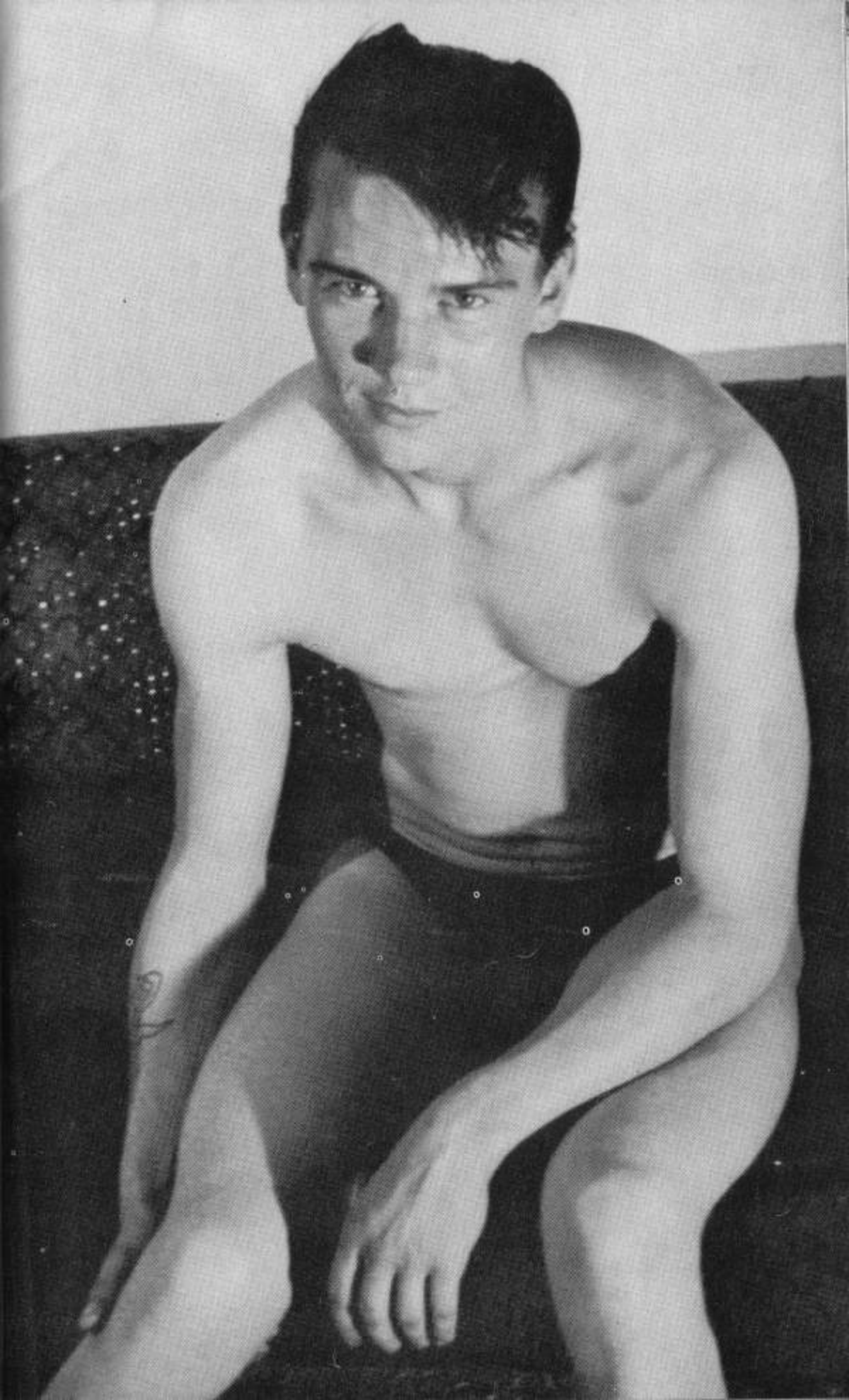


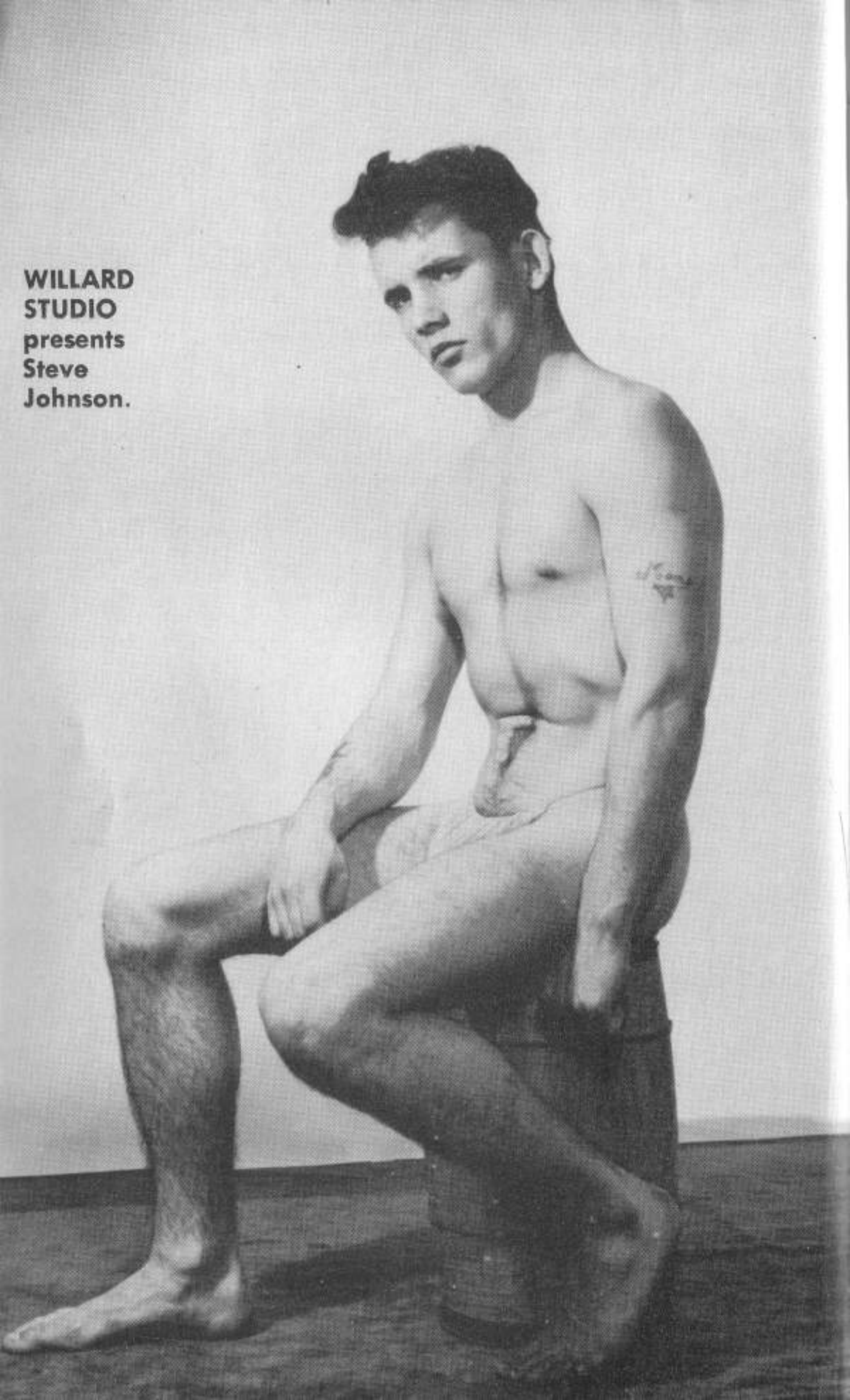
Tommy Fitzwilliams shows us how to spend a warm summer day, in photos by HENDERSON STUDIO.

Young
Tony Day
in photos
by
PHOTOZIQUE.



Joe Kane
in photos by
CK STUDIO.




WILLARD
STUDIO
presents
Steve
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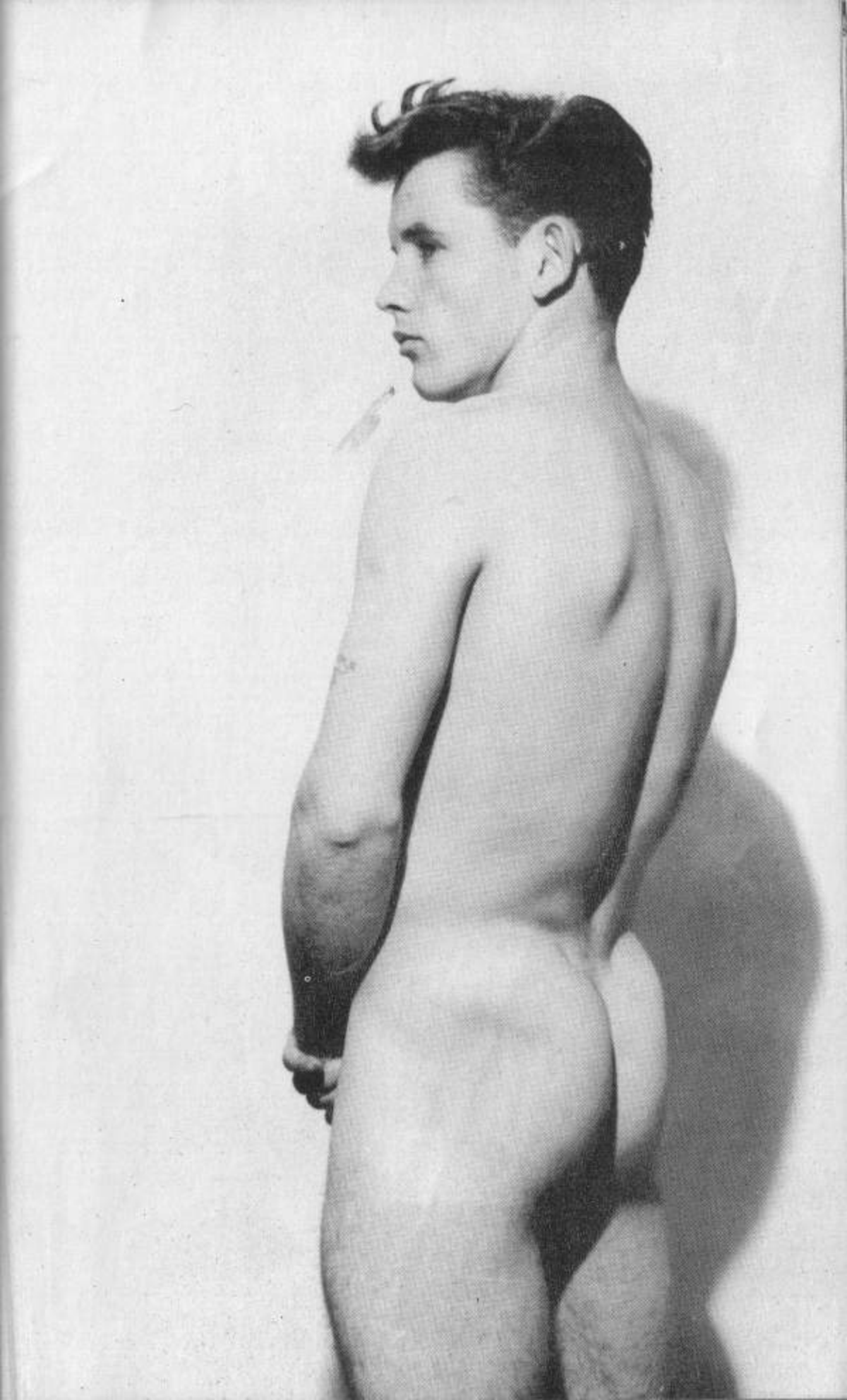
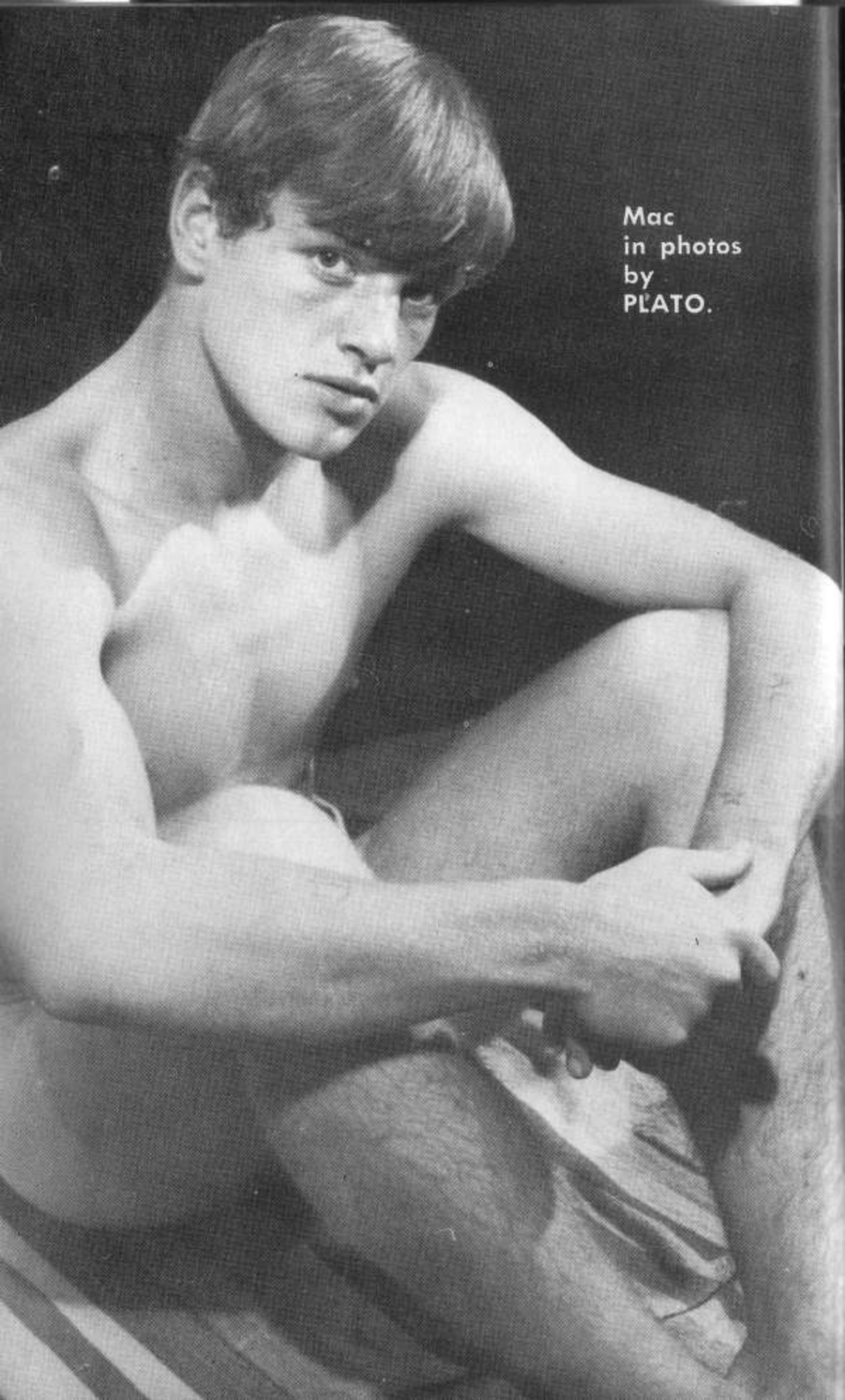
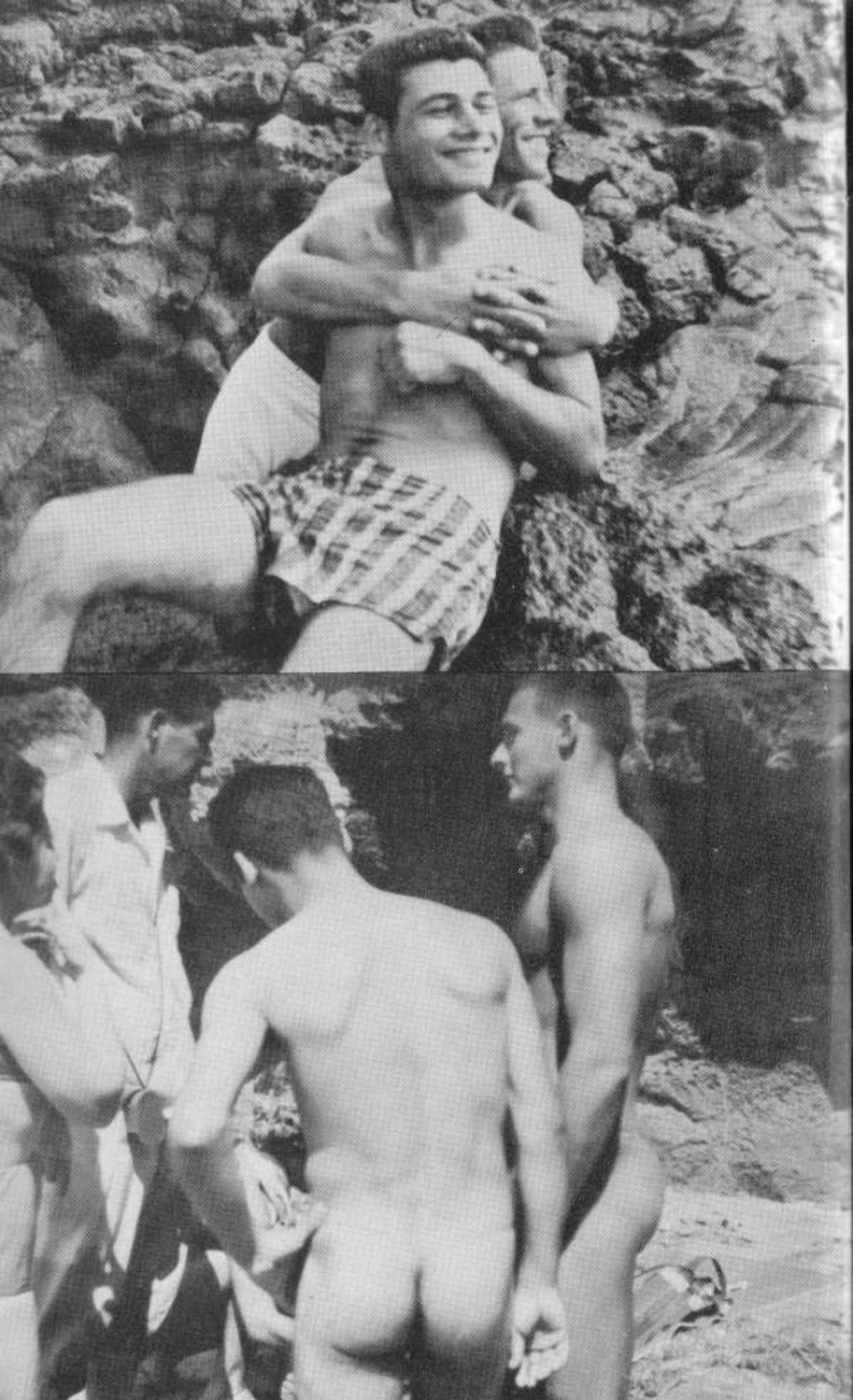
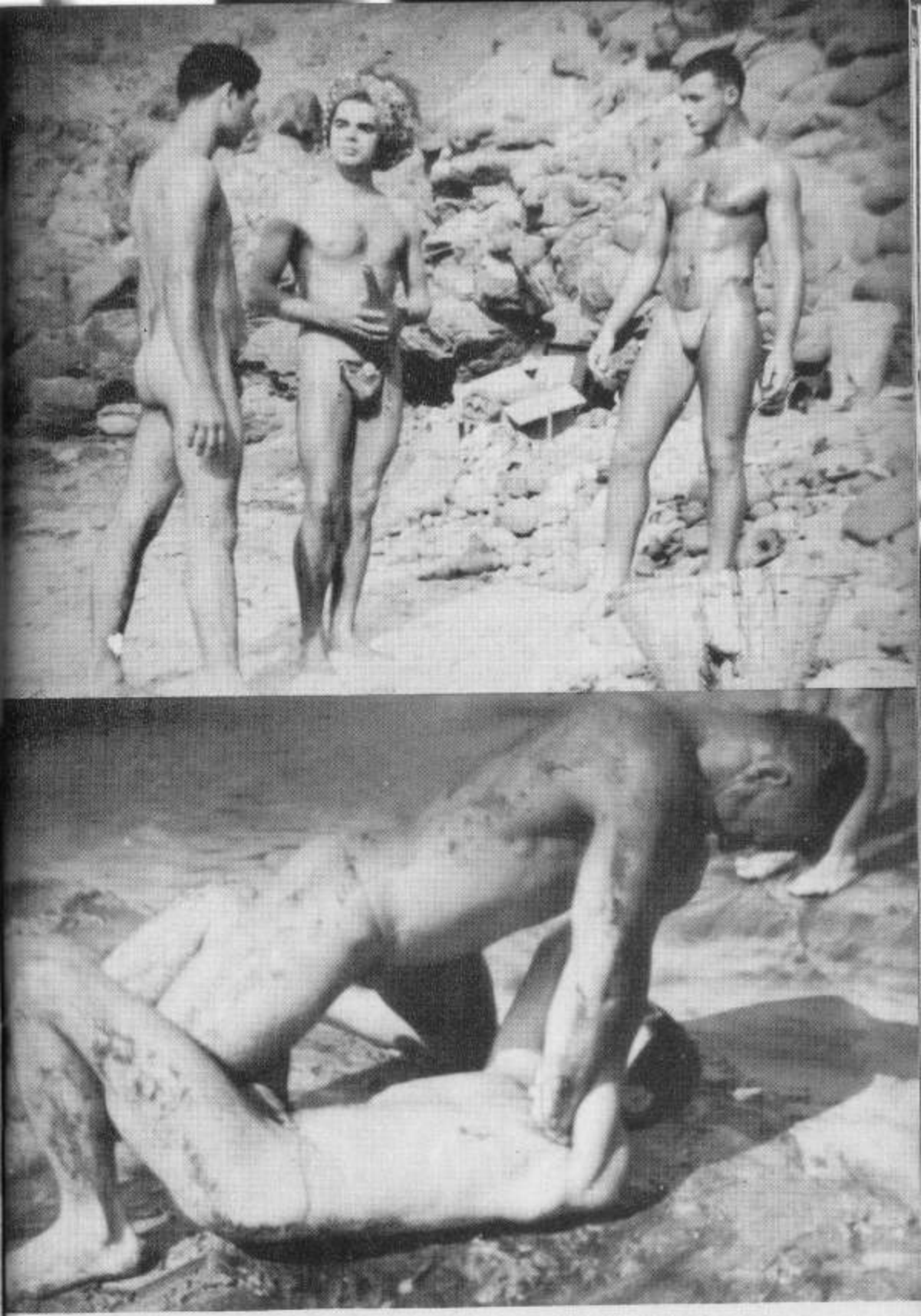
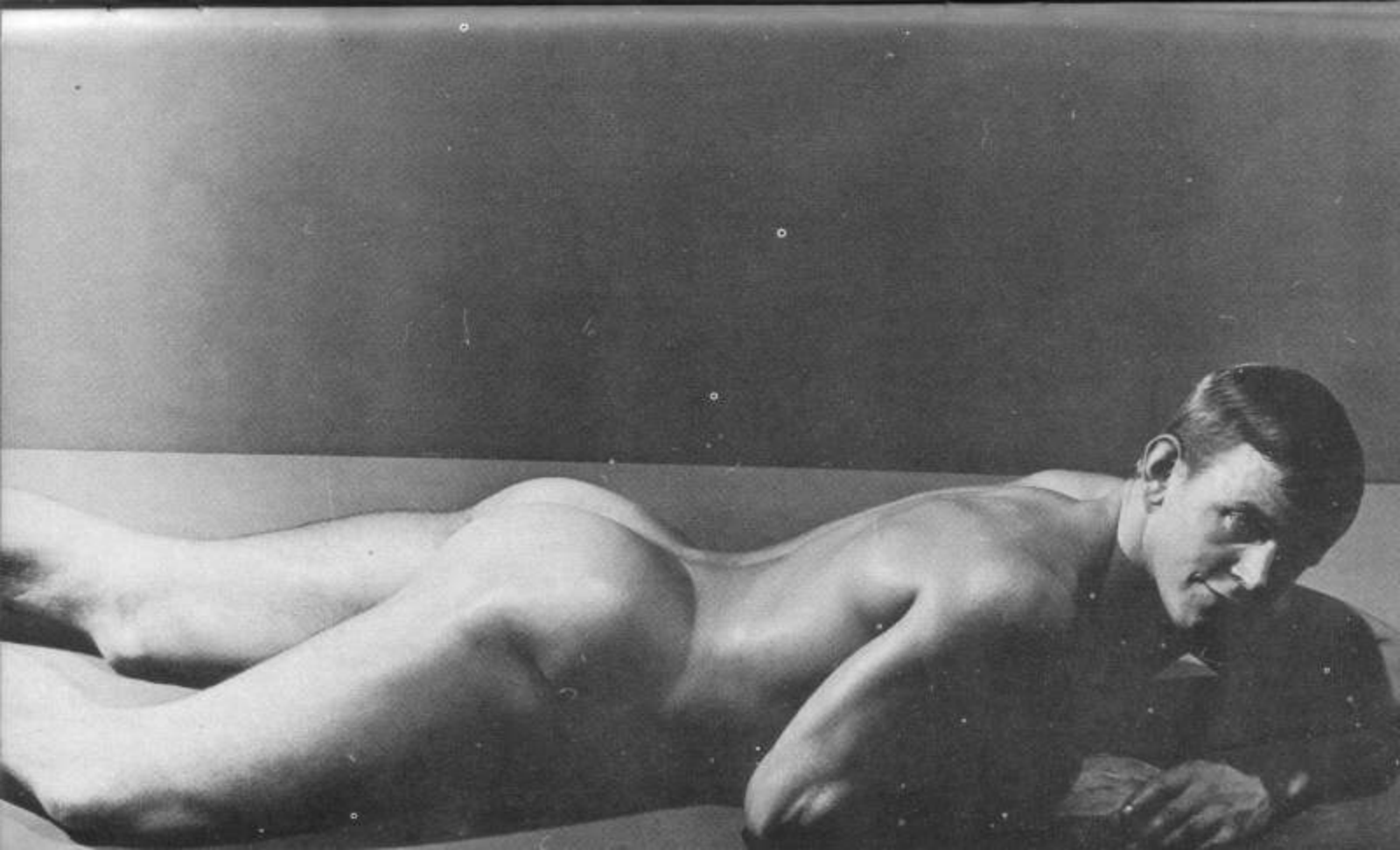


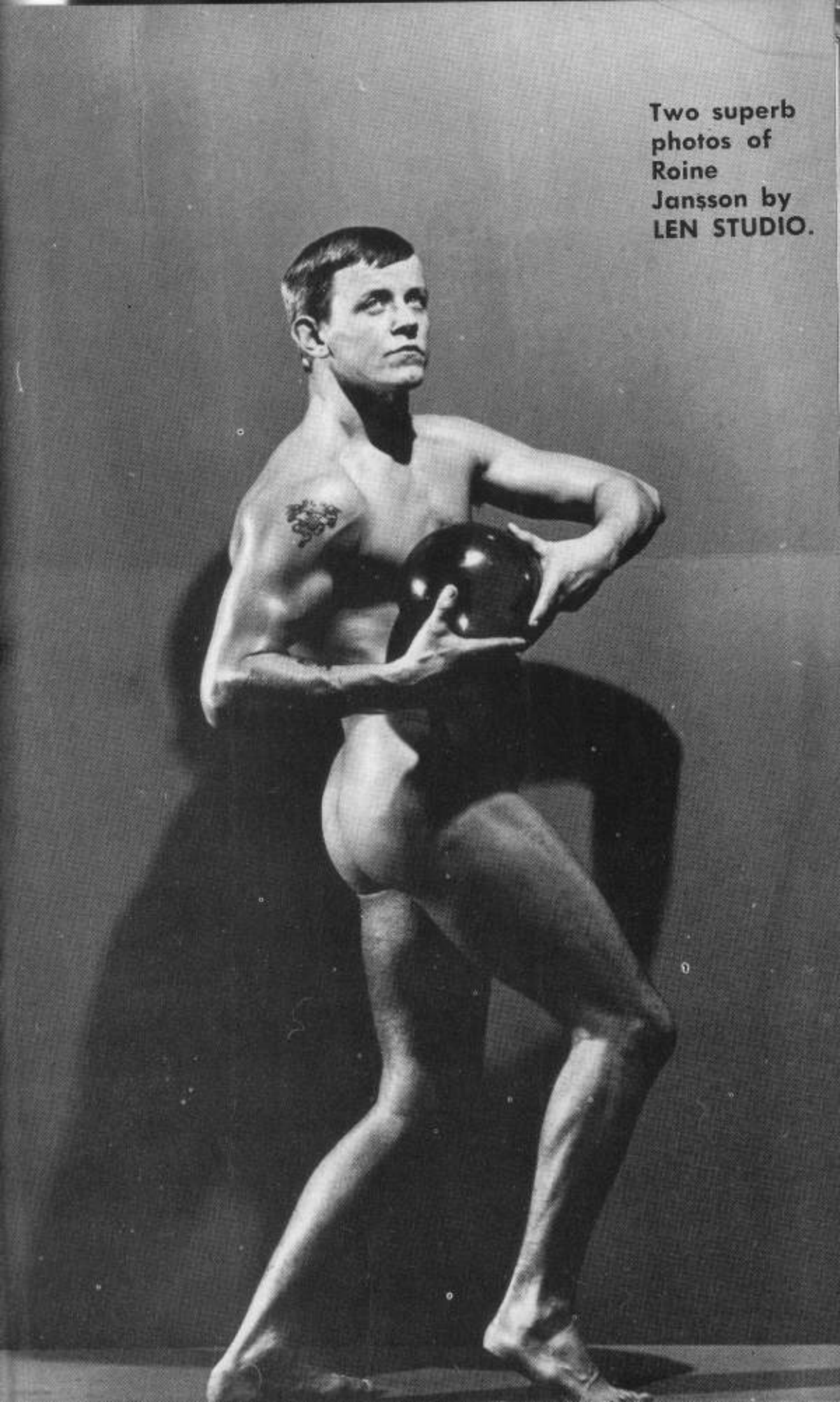

Mac
in photos
by
PLATO.

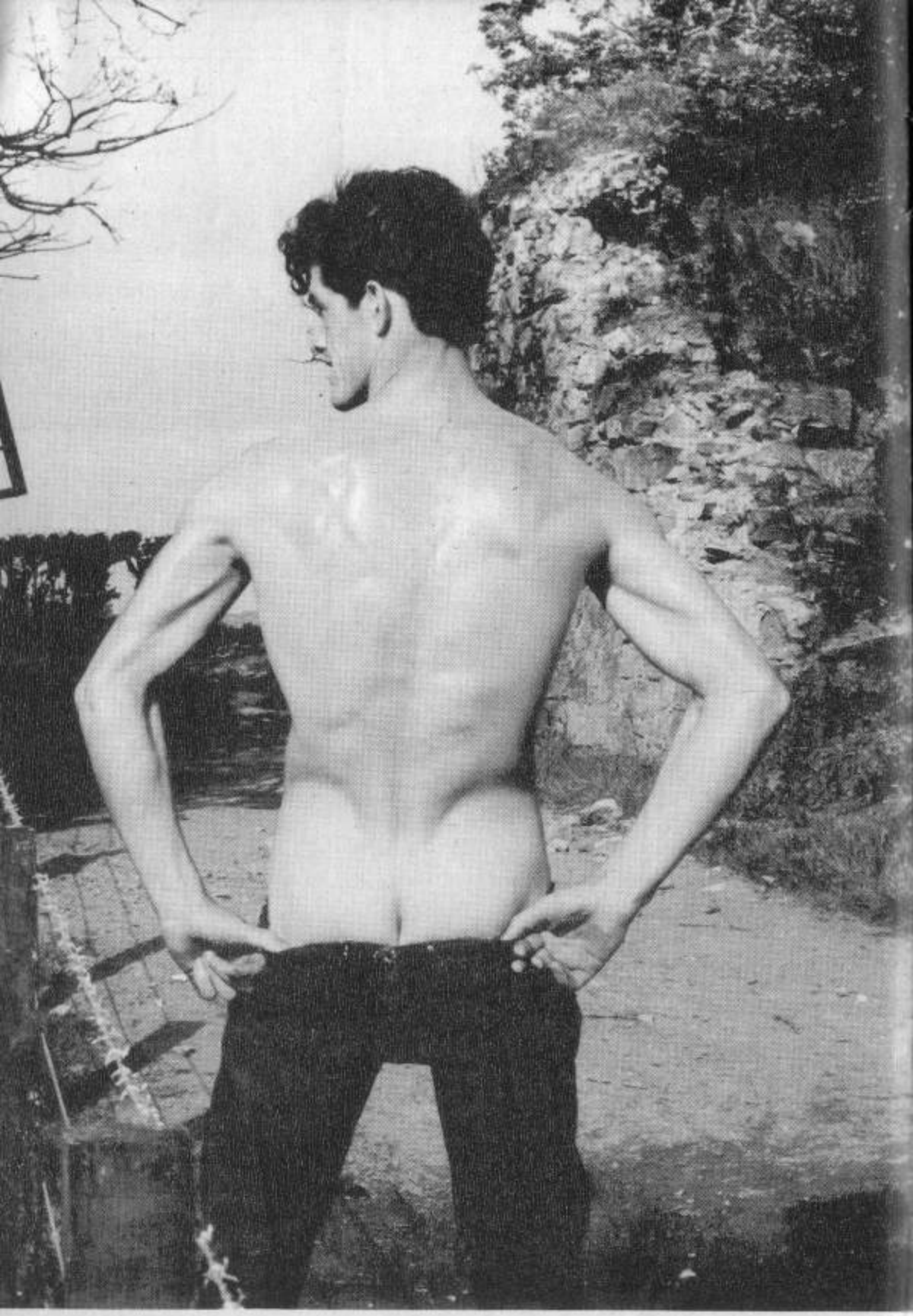




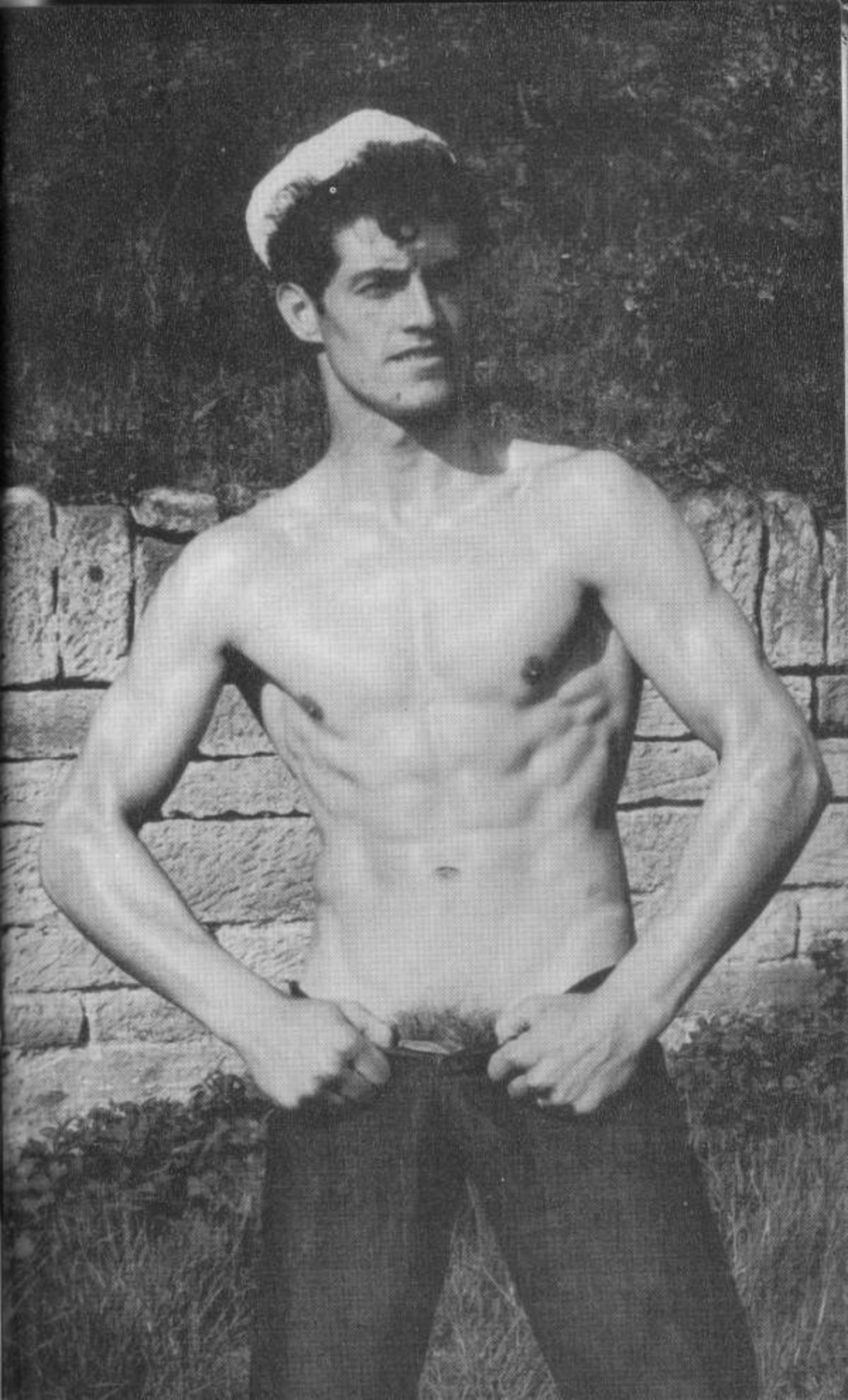
**Think these people are having fun? They sure are! But this is only a small part of their swing'n activities. Photos by the FRONTIER ATHLETIC CLUB.**

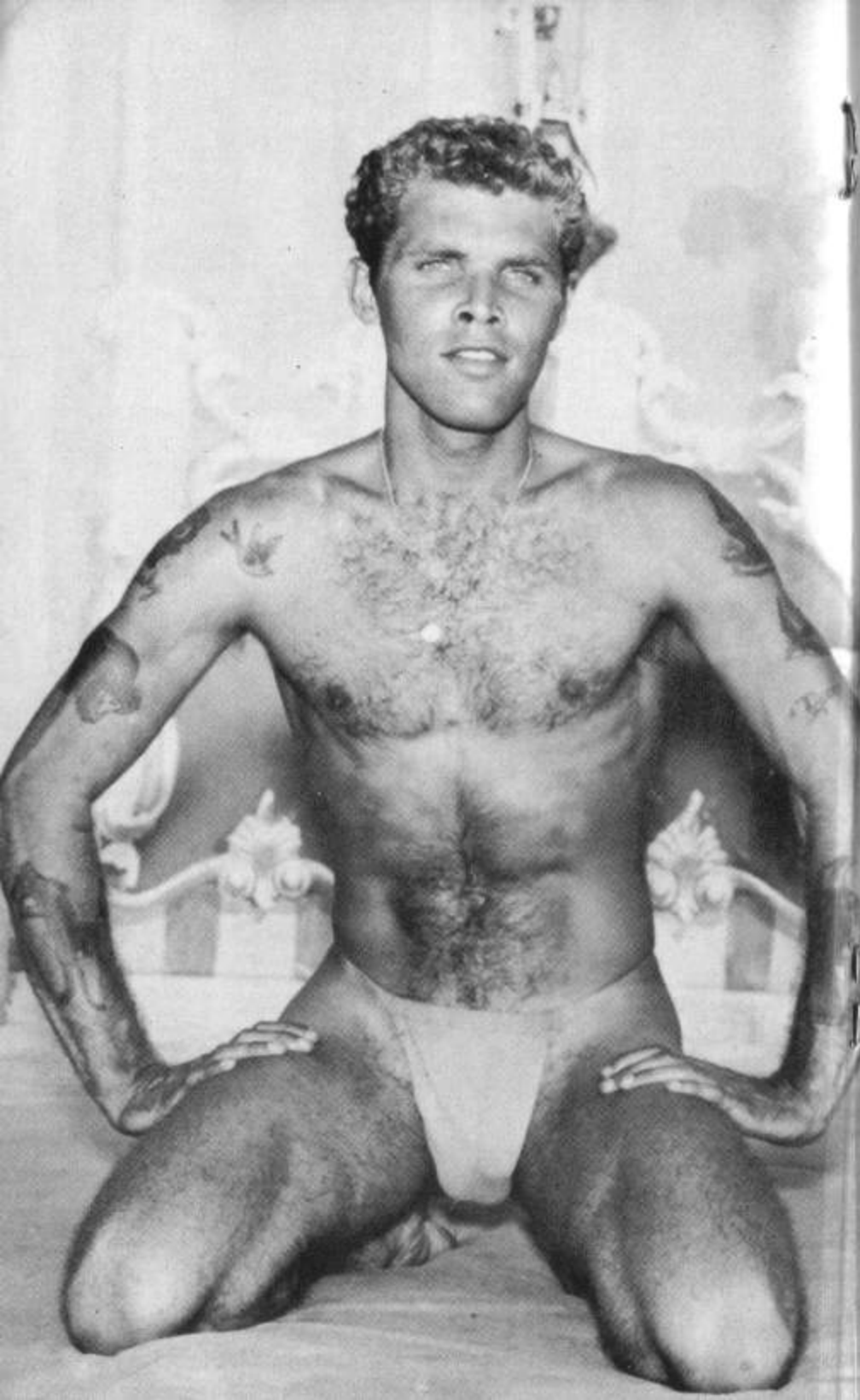


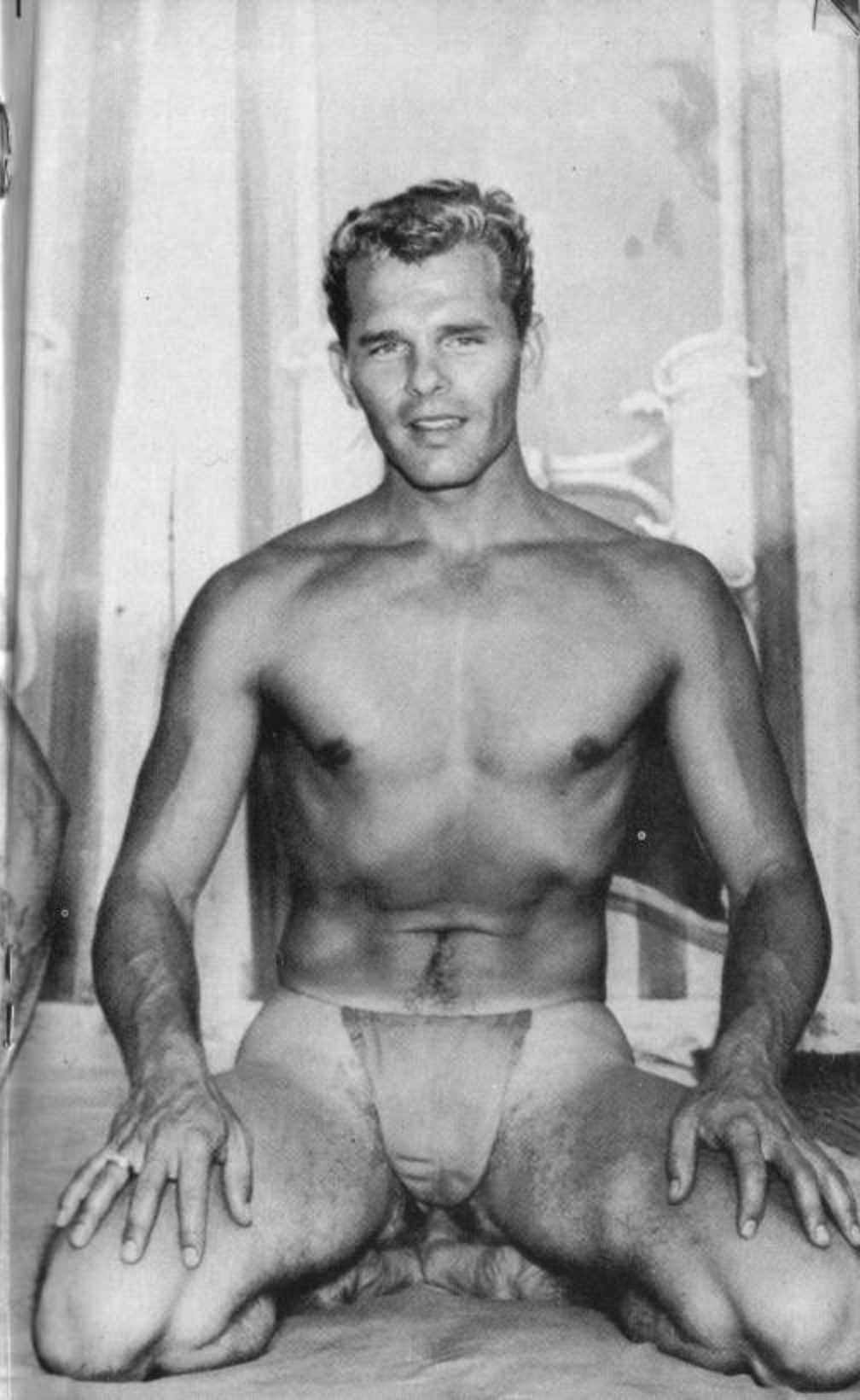

Two superb photos of Roine Jansson by LEN STUDIO.



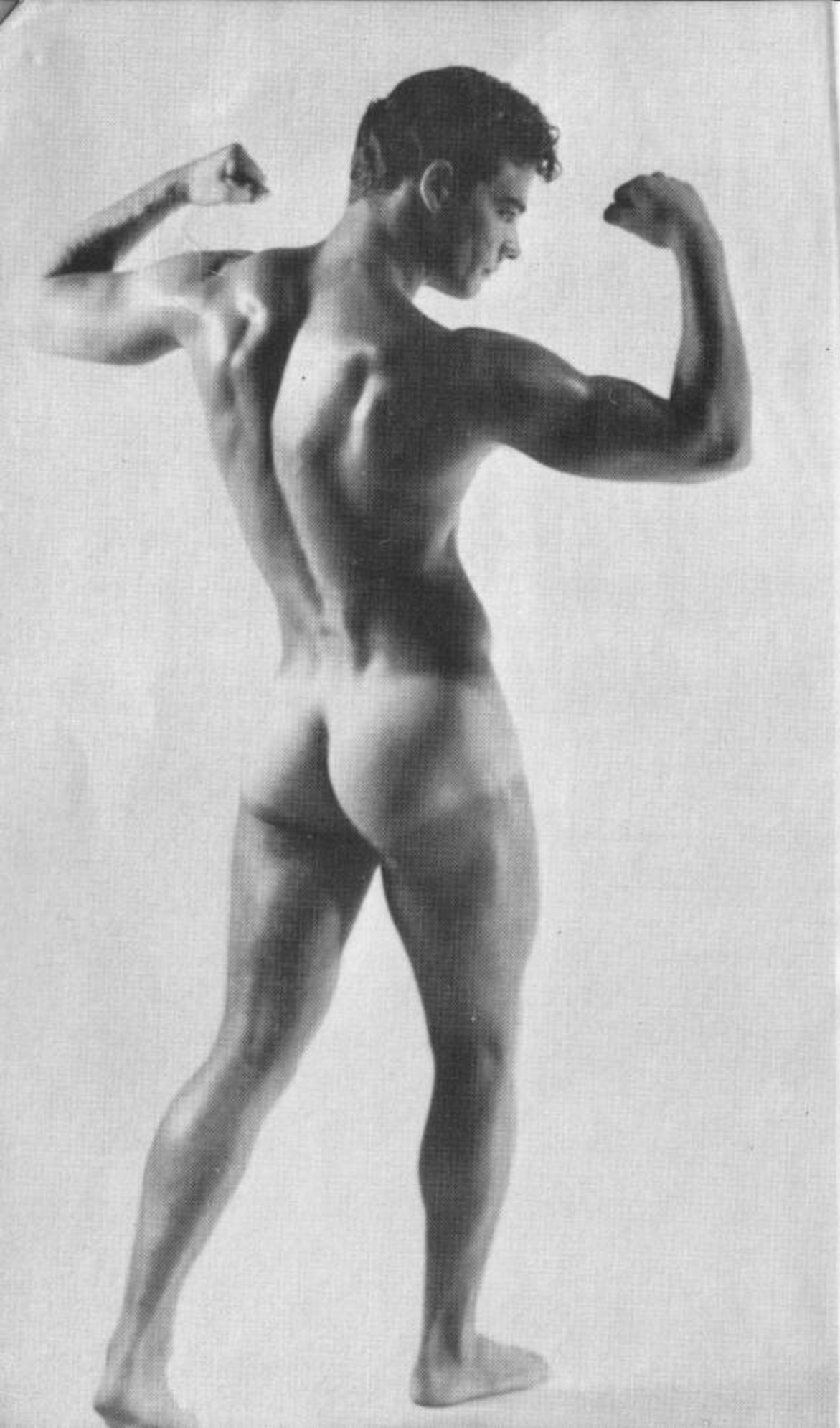
**Are they still having problems with a shortage of posing straps in Scotland? Tim Bonnar in photos by HOFFMAN.**

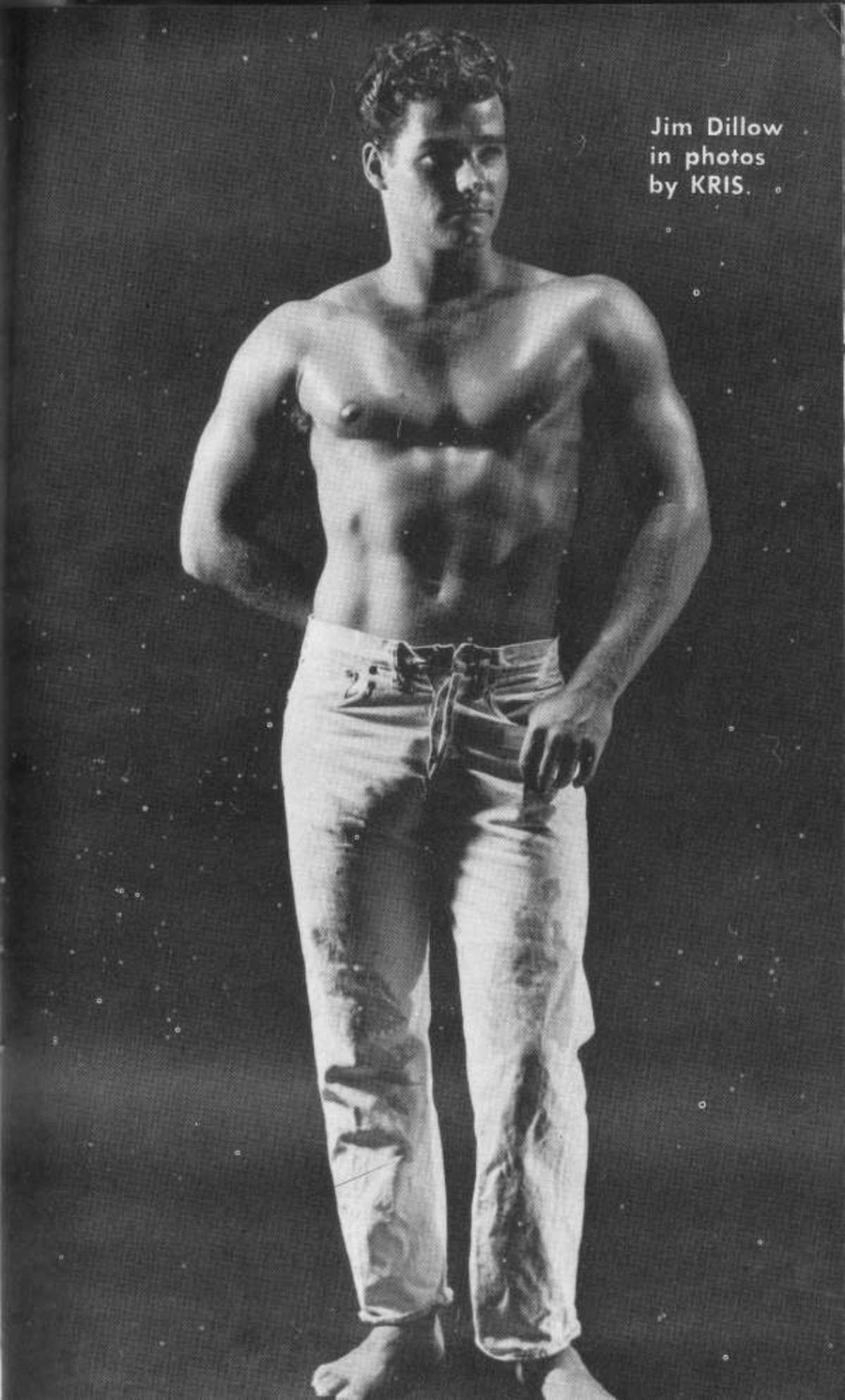


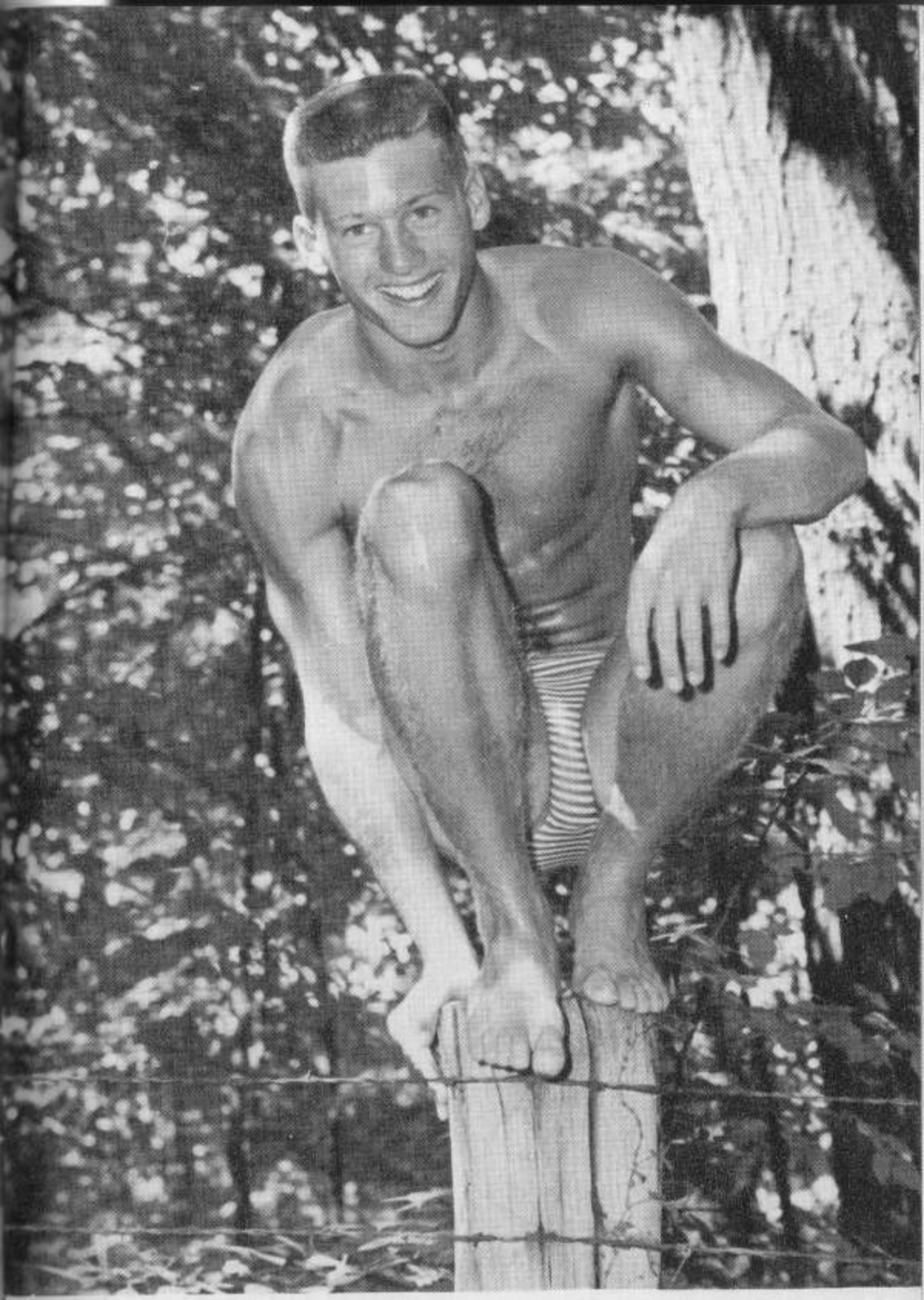




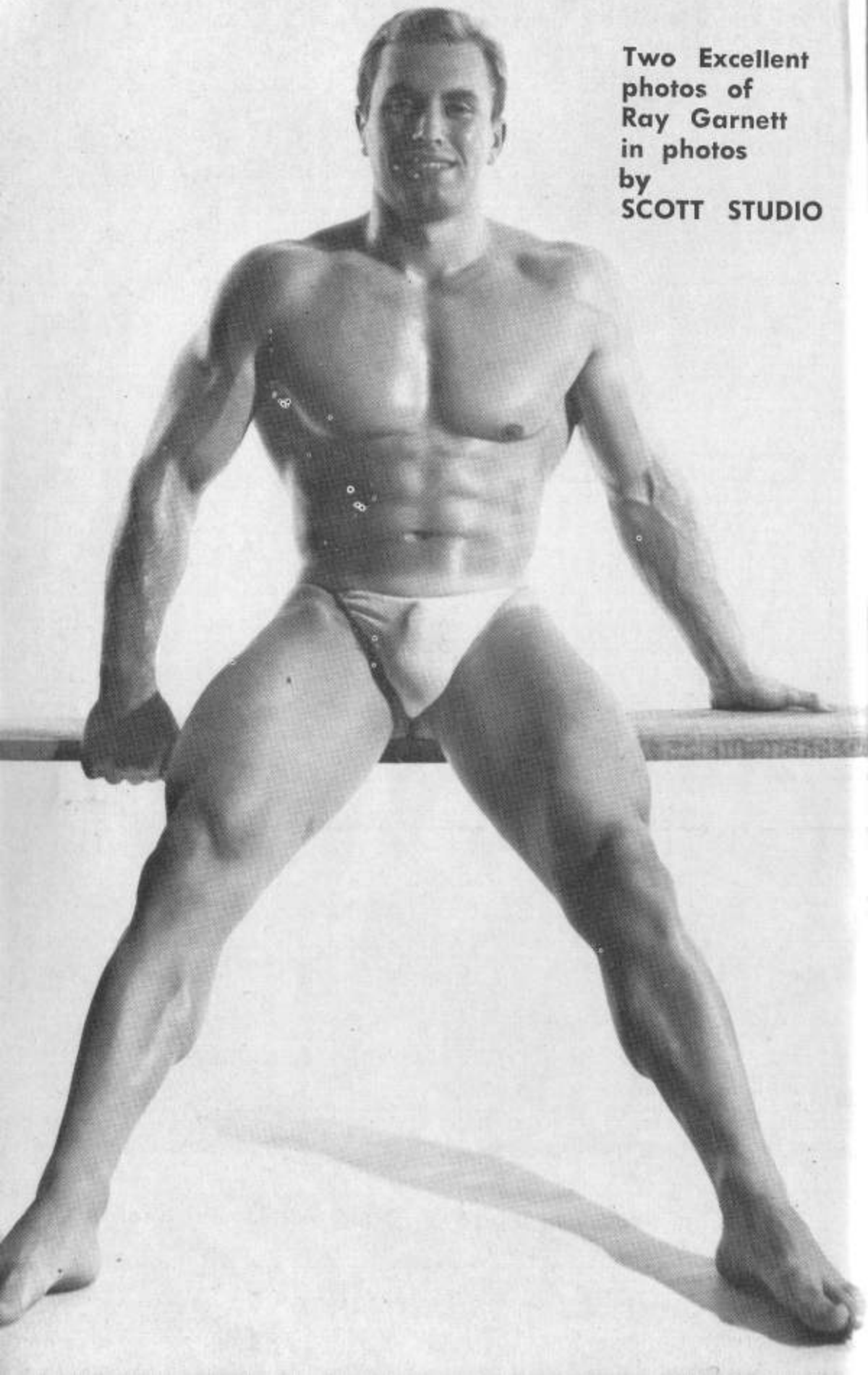
**The center spread and photos above and right feature Lou La Venture and Spike Adams in scene from film "Lonely Prince." Photos are by A.M.G.**



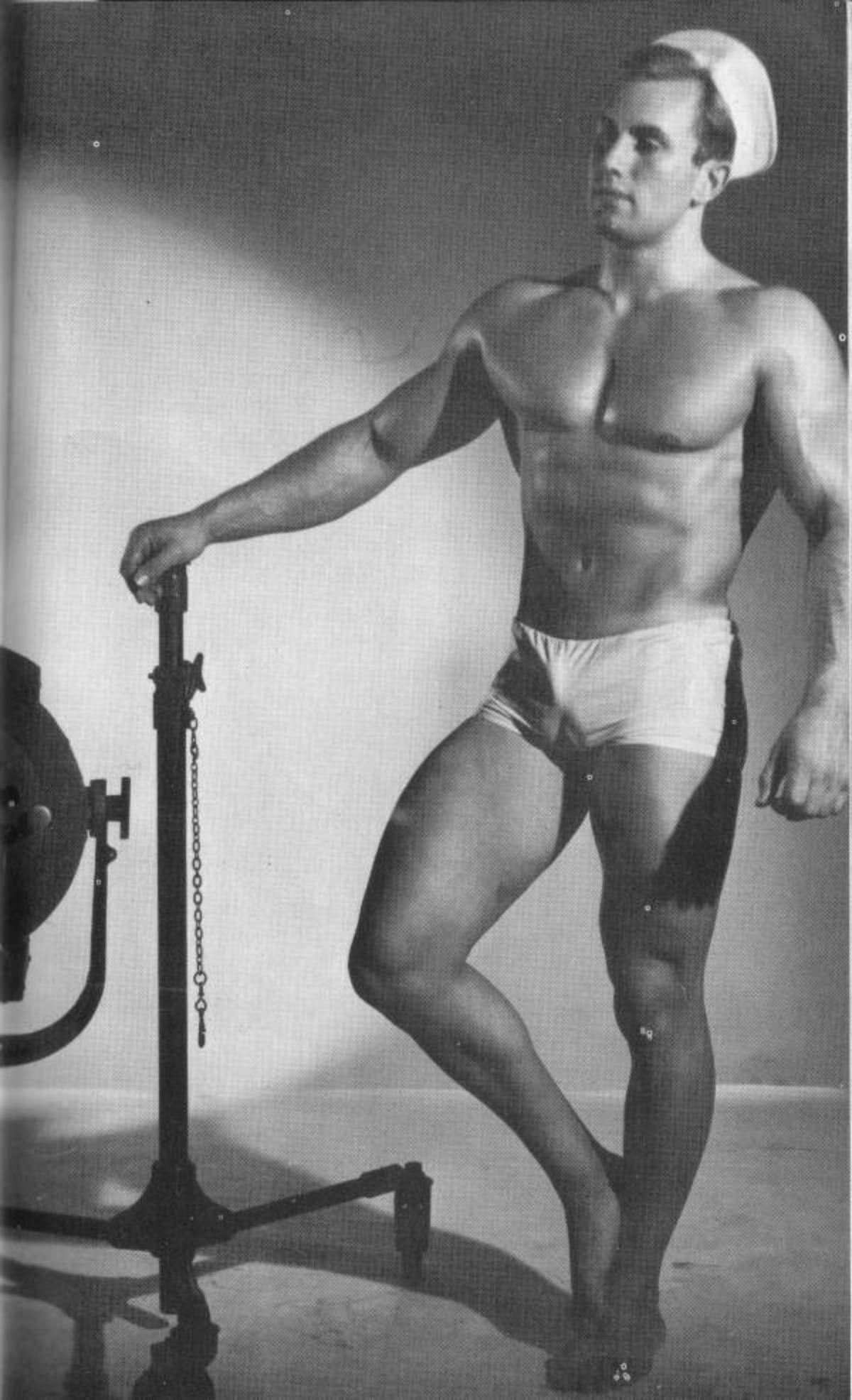

Jim Dillow
in photos
by KRIS.

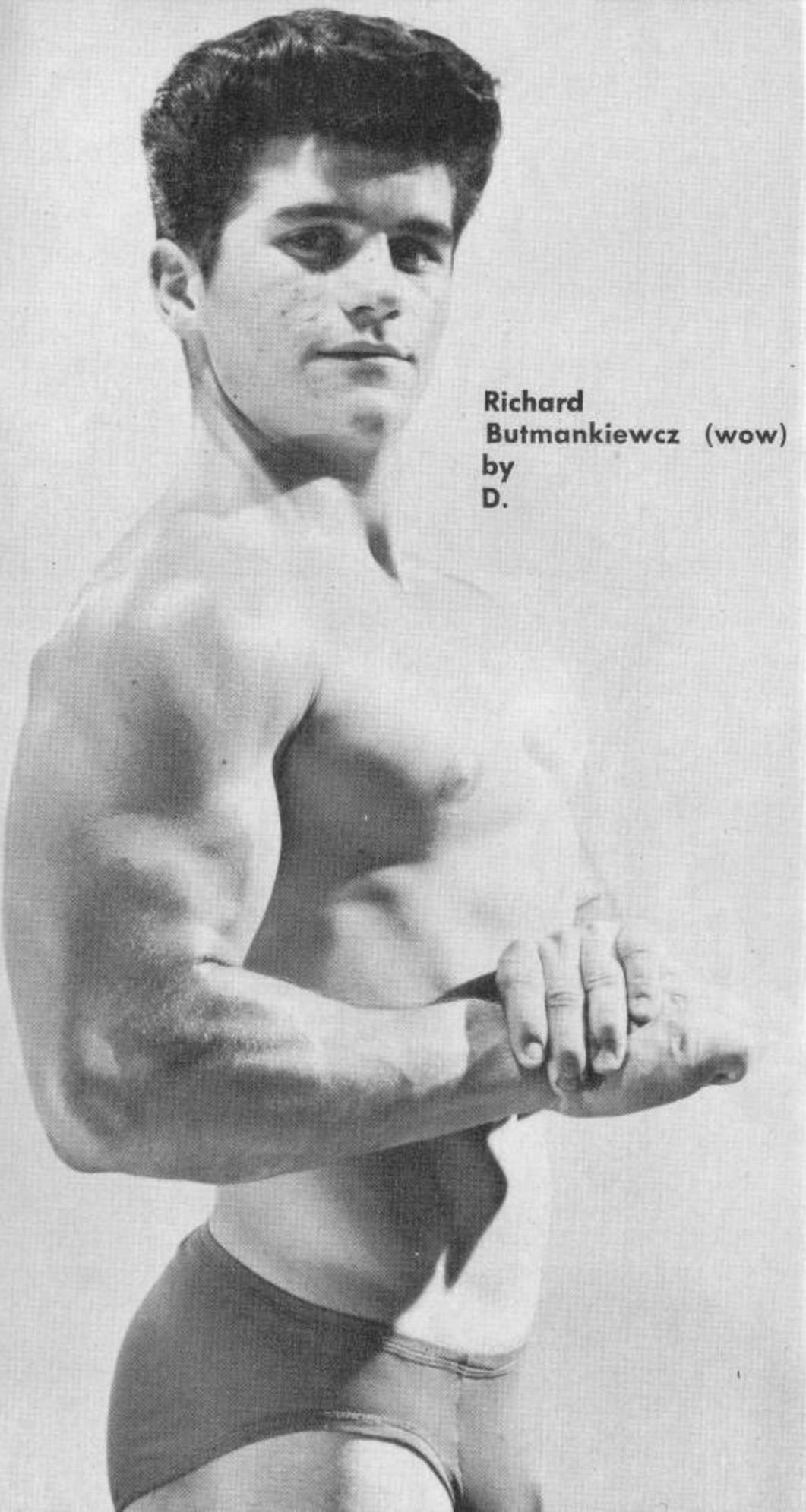


**Making like a big bird is Doug Felton, in photos by TROY SAXON**

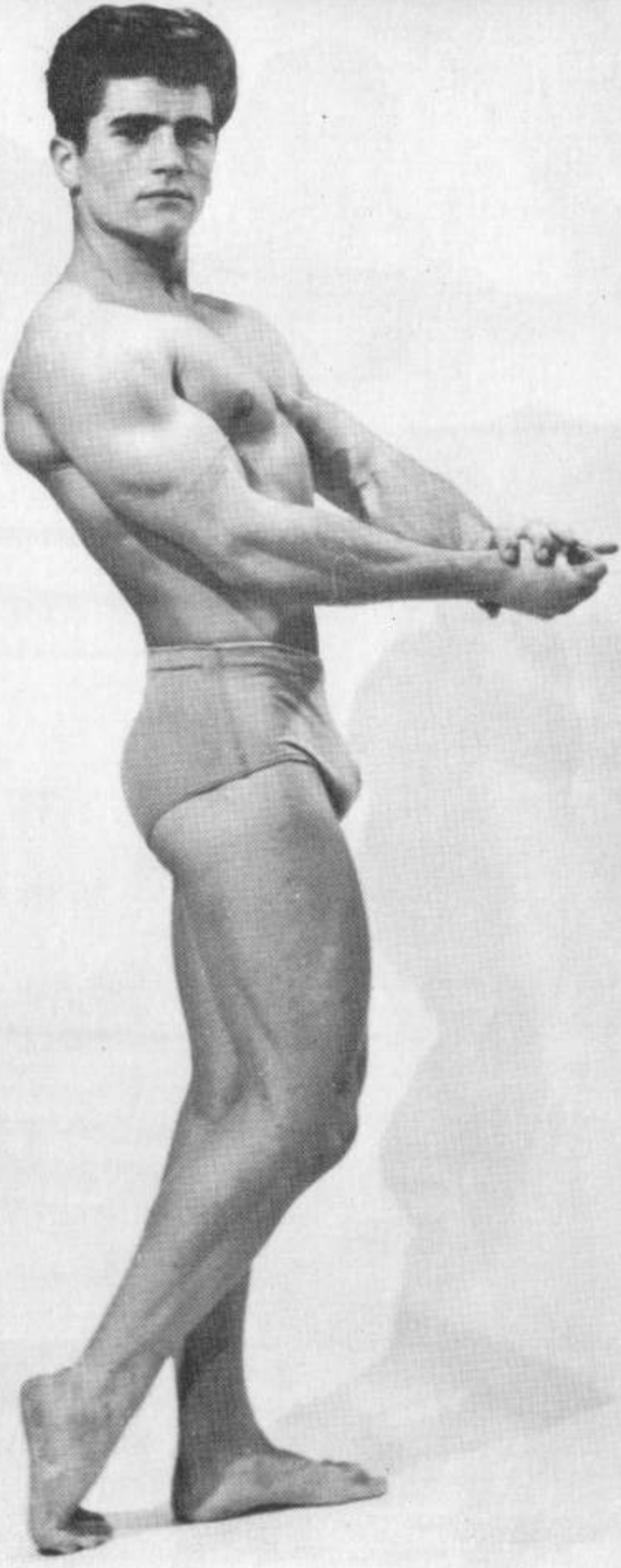


Two Excellent photos of Ray Garnett in photos by SCOTT STUDIO

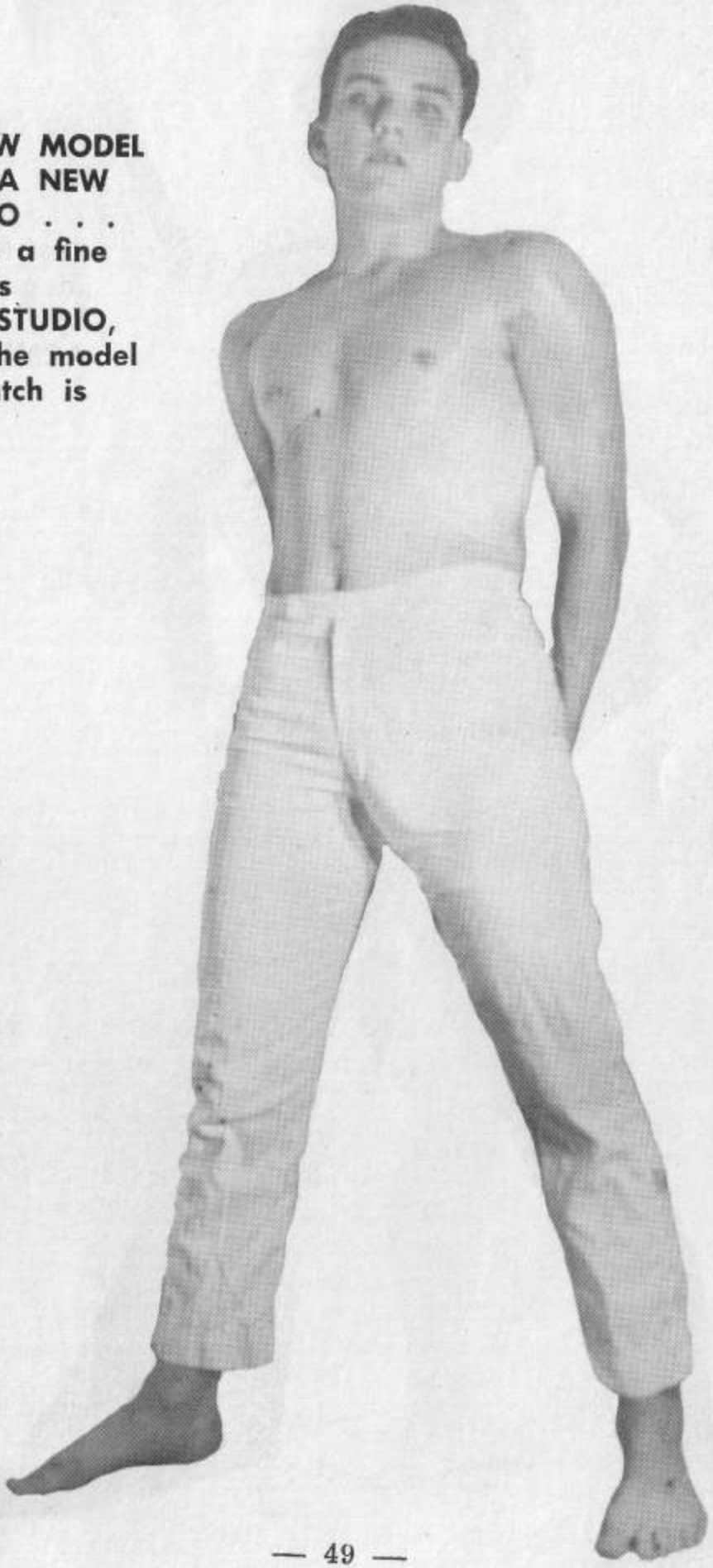




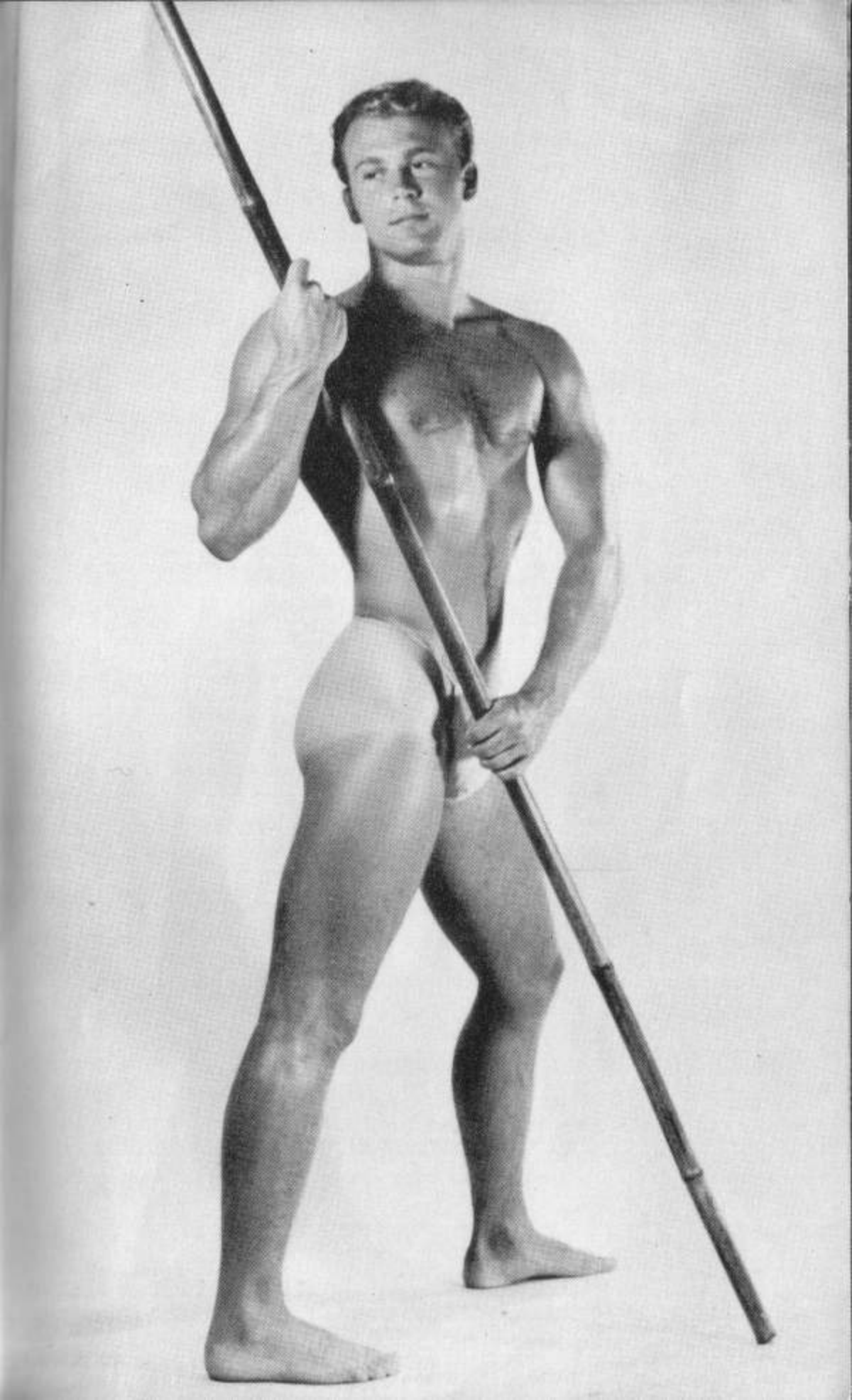
Richard
Butmankiewcz (wow)
by
D.



**A NEW MODEL AND A NEW STUDIO . . . Off to a fine start is SURF STUDIO, and the model to watch is Foxie.**



Joel Ragan
in photos
by
ACME.



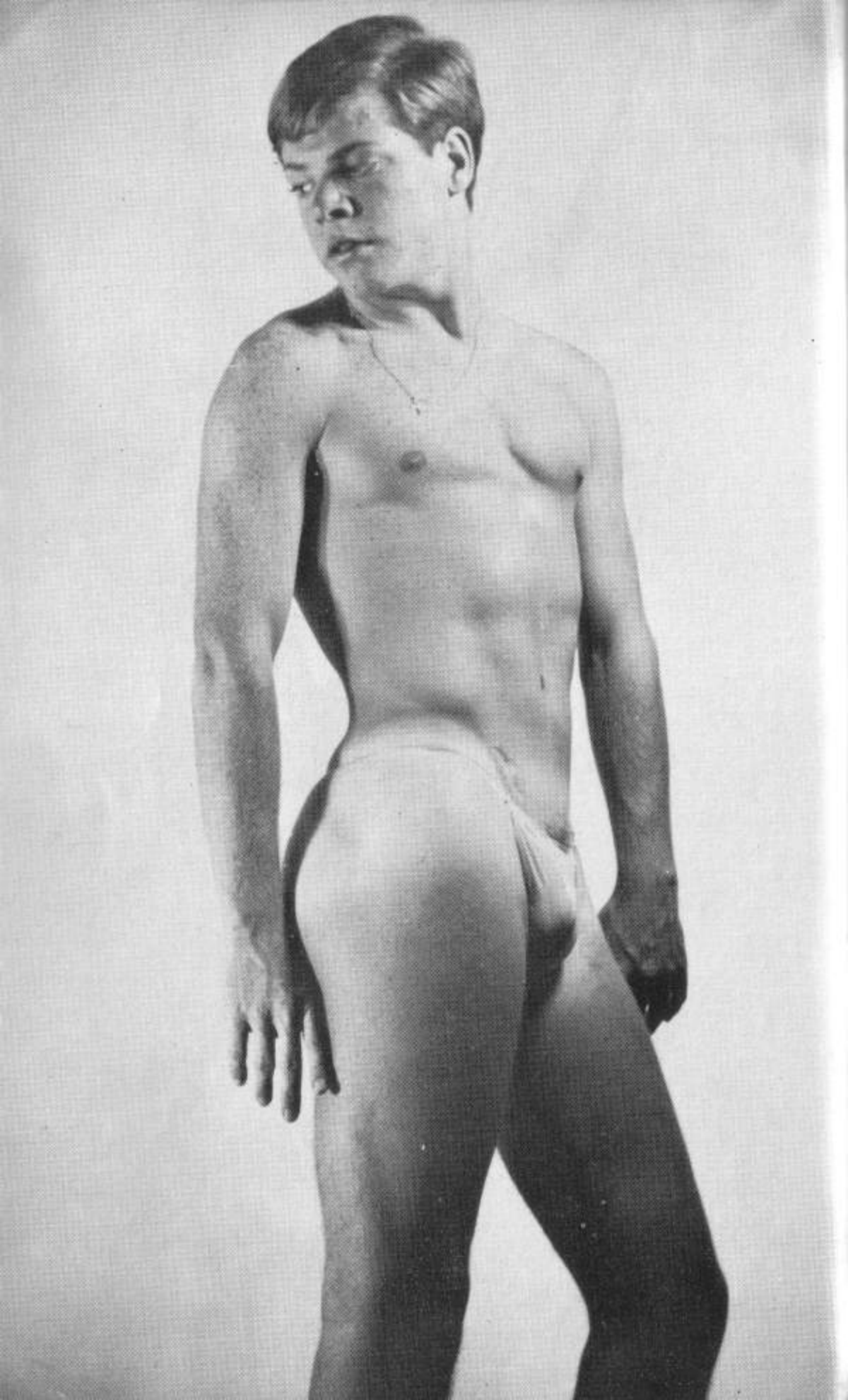
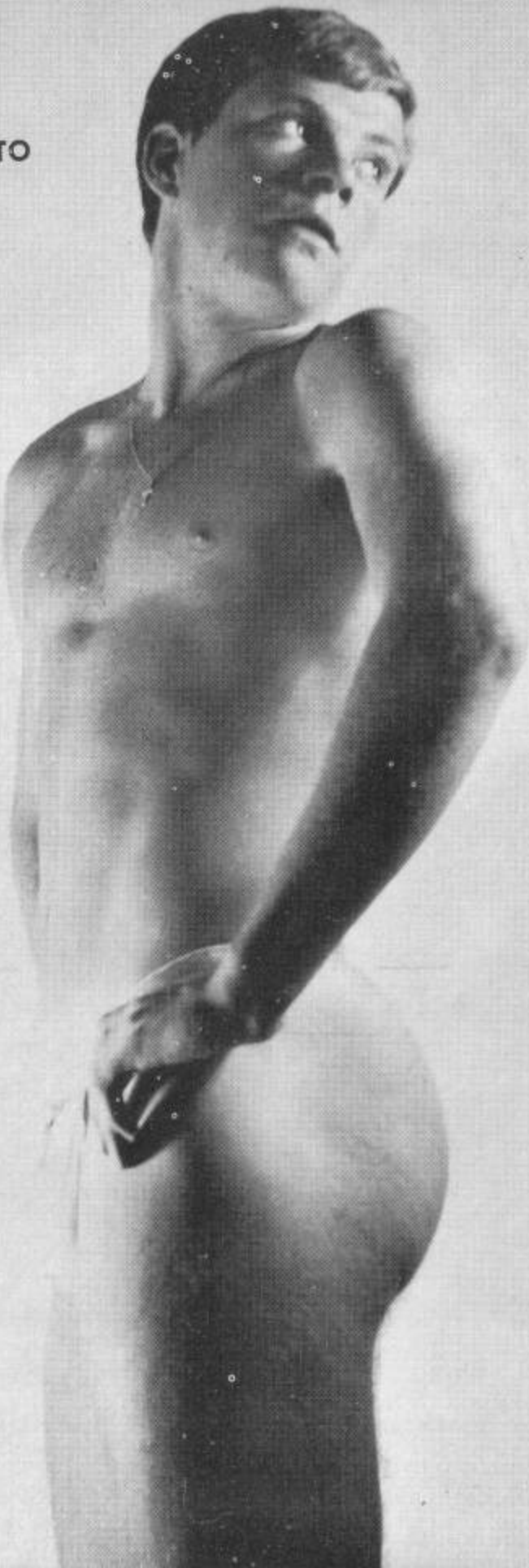
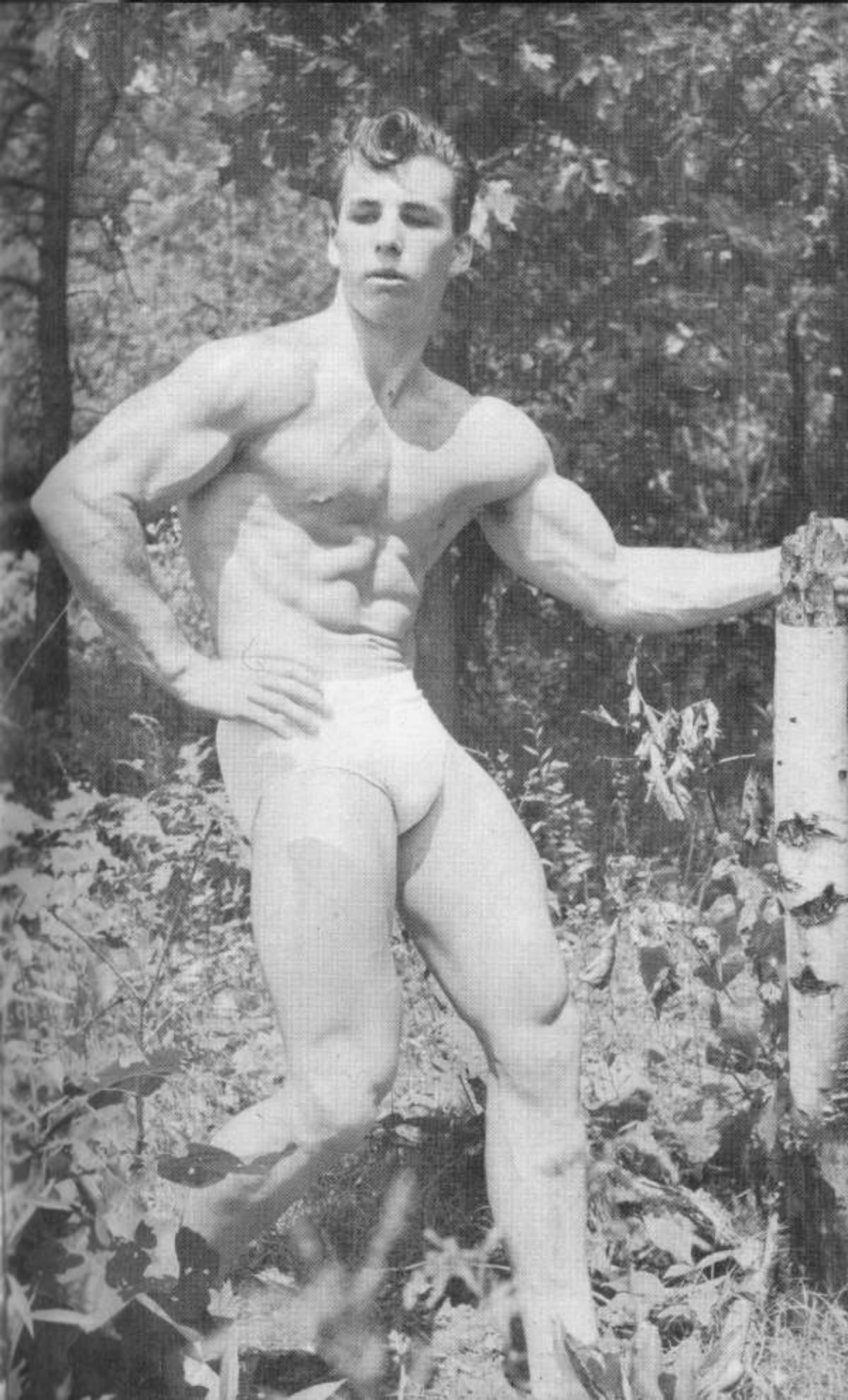


**PHOTO SOTO**
**Studio**
**presents**
**Christian.**



**Bernie Booth in photos by JIMMY WILLIAMS.**



This
young man is
Danial
Regan in
photos by
JACK PHILLIPS
Studio.

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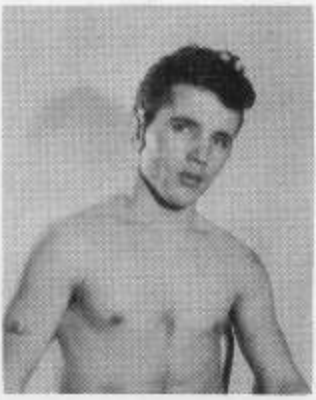

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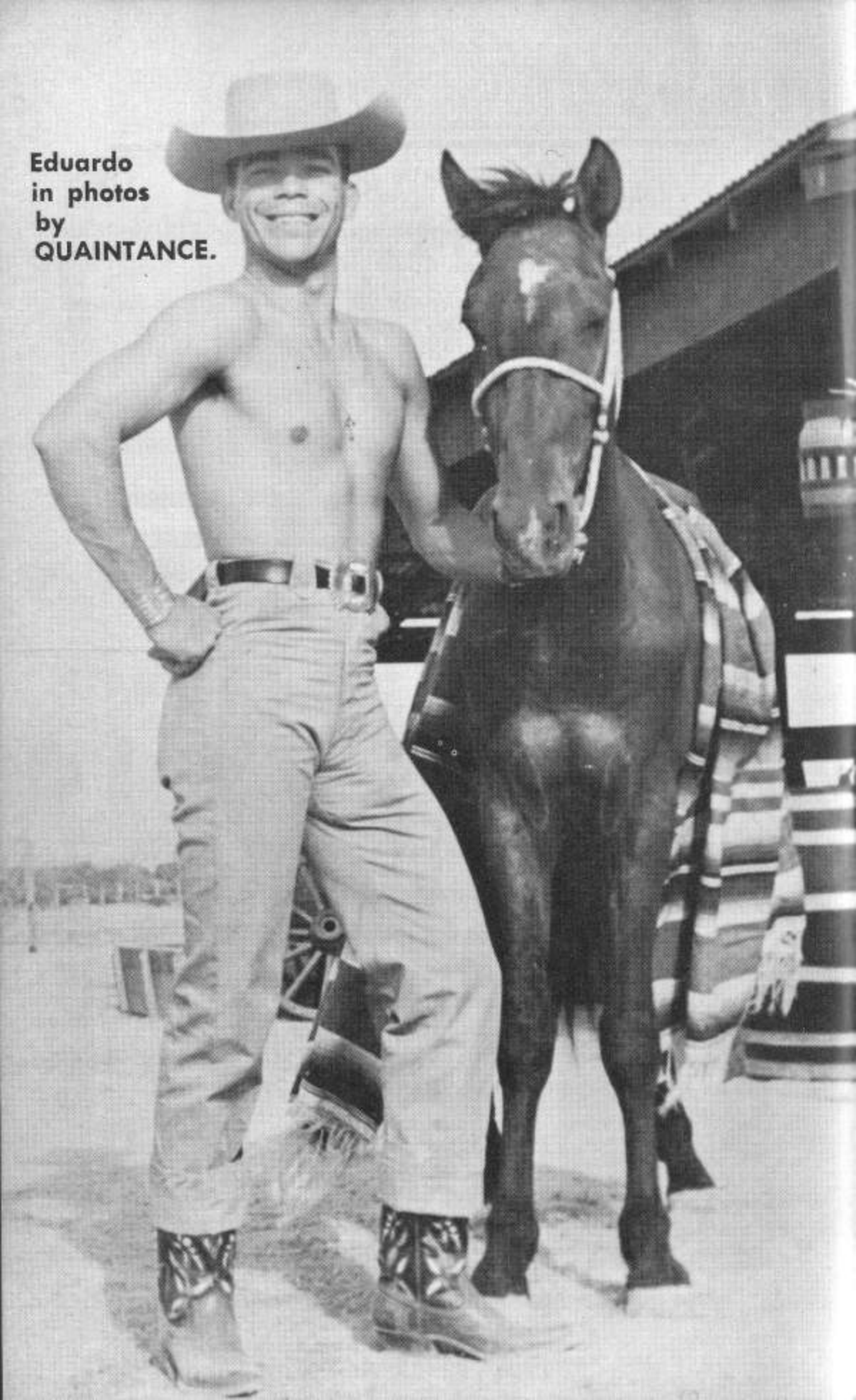
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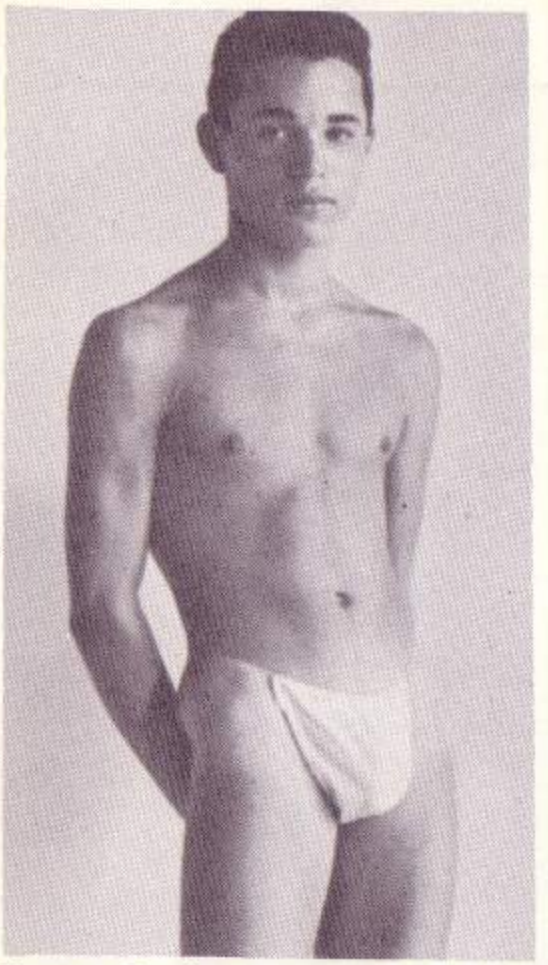

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**Apollo,** 5880 Hollywood Blvd. Hywd. 28, Calif.

**Athletic Model Guild,** 1834 W. 11 St., L.A. 6, Calif.

**Bond,** 30 Harrold House, Finchley Rd., London, N.W.3, England.

**Capital Studio,** PO Box 330, N.Y. 3, N.Y.

**Cas,** 159 Greyhound Road, London W.6, England.

**Hussar,** Studio 34, 3 Golden Square, London W. 1, England.

**Kris Studio,** Box 1251, Chicago 90, Ill.

**William MacLane Studios,** PO Box 9012, Queen Ann Sta., Seattle 9, Wash.

**John Paignton,** 8 Quadrant Road, Richmond, Surrey, England.

**Quaintance Studio,** Box 192, Phoenix 1, Arizona.

**Scott,** 96 Leather Lane, London, E.C.1, England.

**H. Wells,** 268 Waverley Road, Toronto 8, Ont., Canada.

**Ronald Wright,** 5 Mead Lane, Hertford, England.

# FIZEEK Directory

Listed below are the artists and photographers whose work regularly appears in MANual. Unless otherwise noted, studios require $1 to cover the cost of catalogs, literature, and sample prints.

*Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photo-*

**Acme,** P. O. Box 1108, San Francisco 1, Calif.

**Bob Anthony,** 155 W. 46 St., Suite 600, N.Y.C., 36

**Atelier Alpha,** Box 6239, Johannesburg, South Africa

**Athletic Model Guild,** 1834 W. 11th Street, L. A. 6, Calif.

**b.c.,** Box 722, Winnipeg 1, Man., Canada

**Bond,** 30 Harrold House, Finchley Rd., London N.W.3, England

**Bruce,** 11762 Kensington Road, Los Alamitos, Calif.

**CK Studio,** Box 715, Adelaide P. O. Toronto 1, Ont., Canada

**Can-Art,** Box 112, Scarboro, Ont. Canada

**Capital Studio,** P. O. Box 330, N.Y. 3, N.Y.

**Champion,** P. O. Box 39, 217 W. 18 St., N.Y.C. 11

**Climax Studio,** 2 Denmark Place, London W.C.2, England

**Rod Crowther,** Box 369, Franklin Sta., Wash., D. C.

**Photo by D,** 266 Horatio Street, N.Y. 14, N.Y.

**DB Associates,** P.O. Box 161, Berkeley 1, California.

**David of Cleveland,** P. O. Box 300, New York 21, N.Y.

**Discus Studio,** P. O. Box 300, New York 21, N.Y.

**Dobing,** 6 Salters Lane South, Darlington Co., Durham, England

**Ray Dominic,** 98 Great Russell Street, London, W.C. 1, England (no callers please)

**Jan Eyck,** 115 Postschliessfach, Munchen 1, Germany

**Falcon Studio,** Box 7566, Franklin Sta., Washington 4, D. C.

**Ferrero,** 85 Boulevard St. Agathe, Nice, France.

**Frontier Athletic Club,** c/o George Greig, 730 Emerald Street, San Diego 9, Calif.

**John Graham,** 173 Knightsbridge, Hyde Park, London S.W. 7, England.

**Hale Studio,** 750 Grand Concourse, Bronx 51, N.Y.

**George Henderson,** Apt. 16, 1245 St. Mark, Montreal, PQ, Canada.

**Hoffman,** 60 Raeburn Place, Edinburg 4, Scotland.

**Hollfelder,** 8 Munchen 13, Postfach 452, West Germany.

**Hussar Studio,** Studio 34, 3 Golden Square, London W. 1, England.

**Steve Jayson,** 44-143 Bayview Haven, Kaneohe, Hawaii.

**Jock Studio,** P.O. Box 2806, Pretoria, S. Africa.

**Jon,** 1302 E. Pike, Seattle 22, Wash.

**Kris Studio,** Box 1251, Chicago 90, Ill.

**Lanza,** 38 Kensington Place, London W. 8, England. (Definitely no Callers)

**Len,** Box 31012, Gothenburg 31, Sweden

**Mark-One,** Box 32, Lachine, Quebec, Canada.

**MexArt,** P.O. Box 3231, Austin 4, Texas.

**Milo,** 601 S. Vermont Avenue, Los Angeles 5, Calif.

**John Paignton,** 8 Quadrant Road, Richmond, Surrey, England.

**Jack Phillips Studio,** P.O. Box 47, Ken Station, Buffalo, N.Y. (Change of Address)

**Photo-Soto,** Jose Tobias, 2435, Lo Franco, Sector 95-B, Sanniago, Chile.

**Photozique Studio,** Box 144, Kew Gardens Sta., Kew Gardens, 15, N.Y.

**Plato,** Box 94, Old Chelsea Station, New York 11, N.Y.

**Kurt Rockstedt,** Piazza Grande 1, Fermo Posta, Locarno, Switzerland.

**R. A. Enterprises,** 6311 Yucca St., Hollywood 28, Calif.

**Troy Saxon,** P.O. Box 95, Kansas City 41, Missouri

**Scott,** 96 Leather Lane, London E.C. 1, England.

**Spartan,** 617½ La Cienega Blvd., Los Angeles 69, Calif.

**Stan,** Box 614, Gothenburg 6, Sweden.

**Surf Studio,** Box 6442, Surfside, Florida.

**Sven Swede,** Fack 53, Stockholm 20, Sweden.

**Tyre,** Box 365, El Cerrito, Calif.

**Al Urban,** 406 E. 73rd Street, New York 21, N.Y.

**Victor,** Box 4653, Station C., Vancouver 10, B.C., Canada.

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